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# seventeen

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- ✓ Flirty Braids

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**WHAT  
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YOU SO  
FREAKIN'  
HOT?**

Find Out Page 97

**THE  
HUNGER  
GAMES**

**EXCLUSIVE!**

Jennifer Lawrence  
On Being Katniss,  
The Drama On Set & Her  
Sexy Costars!

**CUTE  
SHOES!  
MAJOR  
COUPONS!**  
INSIDE

**FREE  
HAIRCUT  
SEE P.26**

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# seventeen

## JENNIFER!

**"I'm drawn to Katniss. She doesn't get insecure and she doesn't care about heartbreak. She's a role model."**

**STEAL THE WILD  
CONFIDENCE TRICK THAT  
LANDED JENNIFER  
HER DREAM ROLE!**

**page 114**







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Spring break is almost here! What does that mean? It's time for suntan lotion, celebrity tabloids and super cute clothes! So, whatever you've got planned – from partying it up poolside to hiking mountain trails – be sure to make **macys.com/mstylelab** the first pit stop on the way to your fabulous vacay.



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be colorful.

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# april 2012

## fashion



**spring's best dresses! p. 33**  
Get ready fast with these flirty pieces.



**the cutest sunglasses (in the closet!) p. 38**  
Our interns pick your next pair of shades.



**the best new jeans for your body! p. 42**  
Look hotter than ever!



**build the perfect wardrobe! p. 46**  
Ten basics you need now and how to wear them.



**celeb trends for less p. 52**  
Super-chic pieces for \$30 or under.



**mega shoe blowout! p. 55**  
Your dream pairs, from sweet to sexy.



**surf's up p. 126**  
Rock a surfer-girl vibe no matter where you live!

## beauty HAIR SPECIAL!



**easiest hair ever! p. 65**  
You'll look effortlessly pretty.



**your biggest hair drama solved! p. 74**  
No more bad hair days!



**50 snip tips! p. 76** Everything you need to know to get your best haircut.



**hair dares p. 80**  
Cool-girl looks from our Beauty Smarties!



**short & sweet! p. 82**  
Thinking of going short? Get inspired!



**ultimate hair haul! p. 84**  
Tons of fun new products.



**tricks for your texture p. 86**  
Amazing DIY treatments for every hair type.



**brave new styles p. 120**  
Edgy trends that will turn heads!



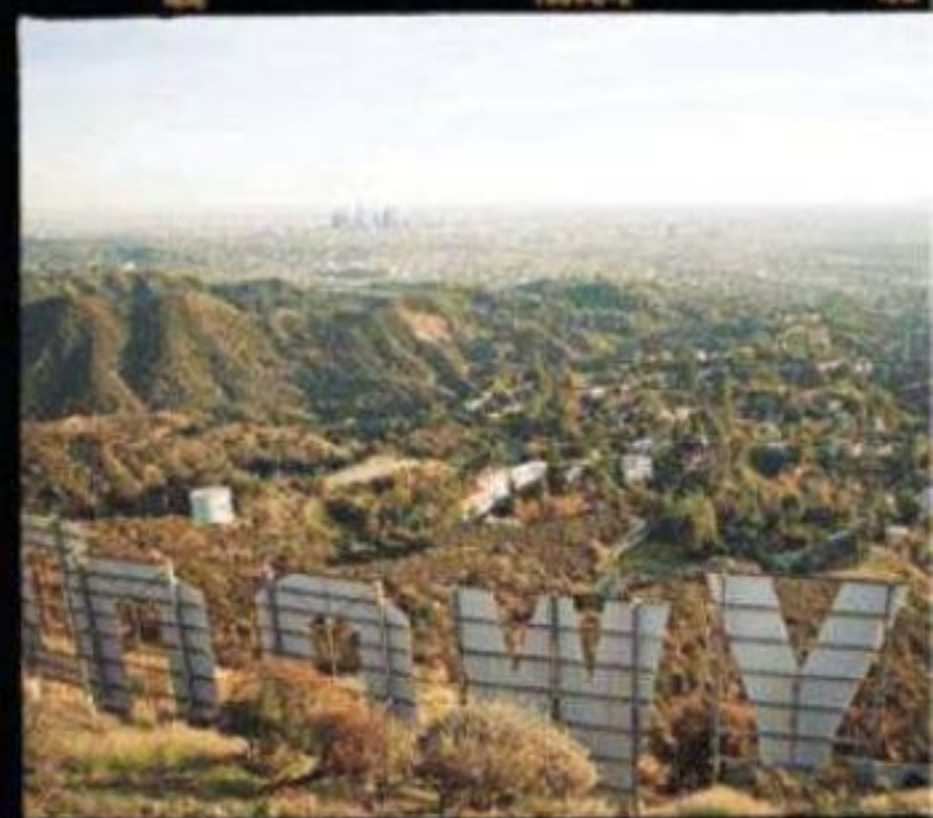
**hairway to heaven p. 138**  
Get your most luscious locks.

FASHION PHOTOS: (TOP ROW) CHRIS ECKERT/STUDIO D.; JESUS AYALA/STUDIO D.; (BOTTOM ROW) WILLIAMS + HIRAKAWA; (BOTTOM ROW) STUART TYSON/STUDIO D.; JESUS AYALA/STUDIO D.; BEAUTY PHOTOS: (TOP ROW) PETER ROSA/STUDIO D.; JESUS AYALA/STUDIO D.; (BOTTOM ROW) STEVEN LAWTON/FILMMAGIC; (STEWART) STEVE GRANITZ/WIREIMAGE; (WOODLEY) JASON MERRITT/GETTY IMAGES; (RILEY) JASON MERRITT/GETTY IMAGES; (PURPLE SWIRL) JESUS AYALA/STUDIO D.; PETER ROSA/STUDIO D.; (BOTTOM ROW) PETER ROSA/STUDIO D.; JESUS AYALA/STUDIO D.; BOB APPETIT/ALAMY; J. MUCKLE/STUDIO D.; FERNANDO MILANI.



# Golden State

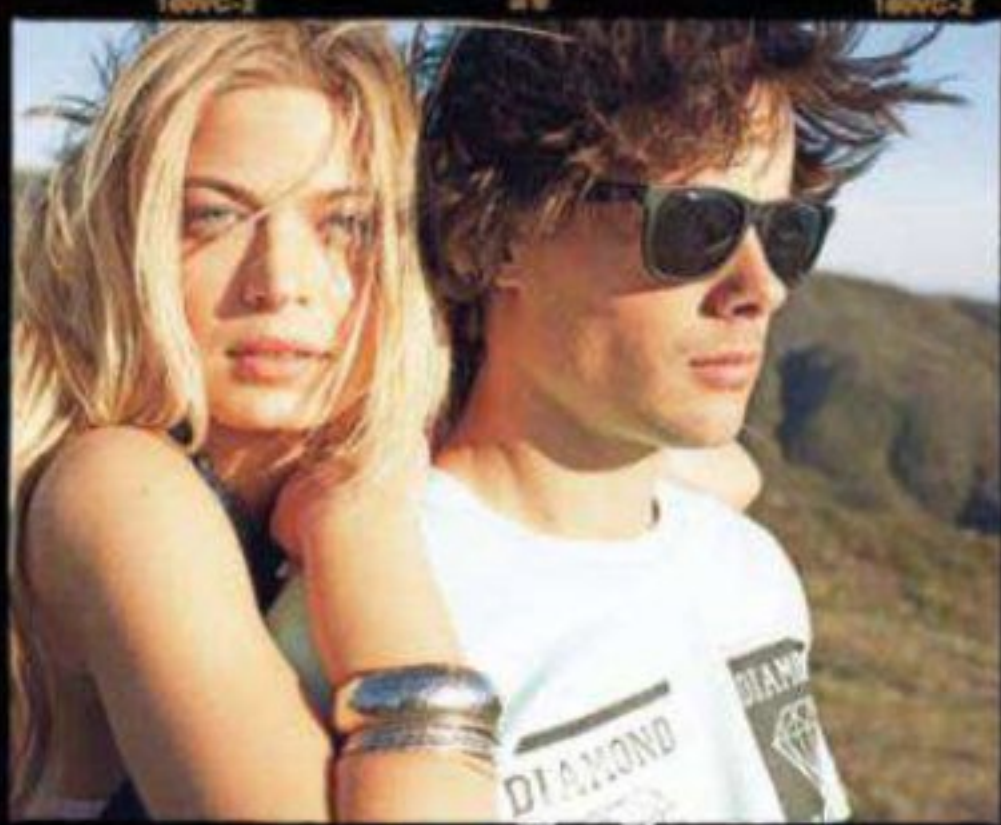
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# health

# april



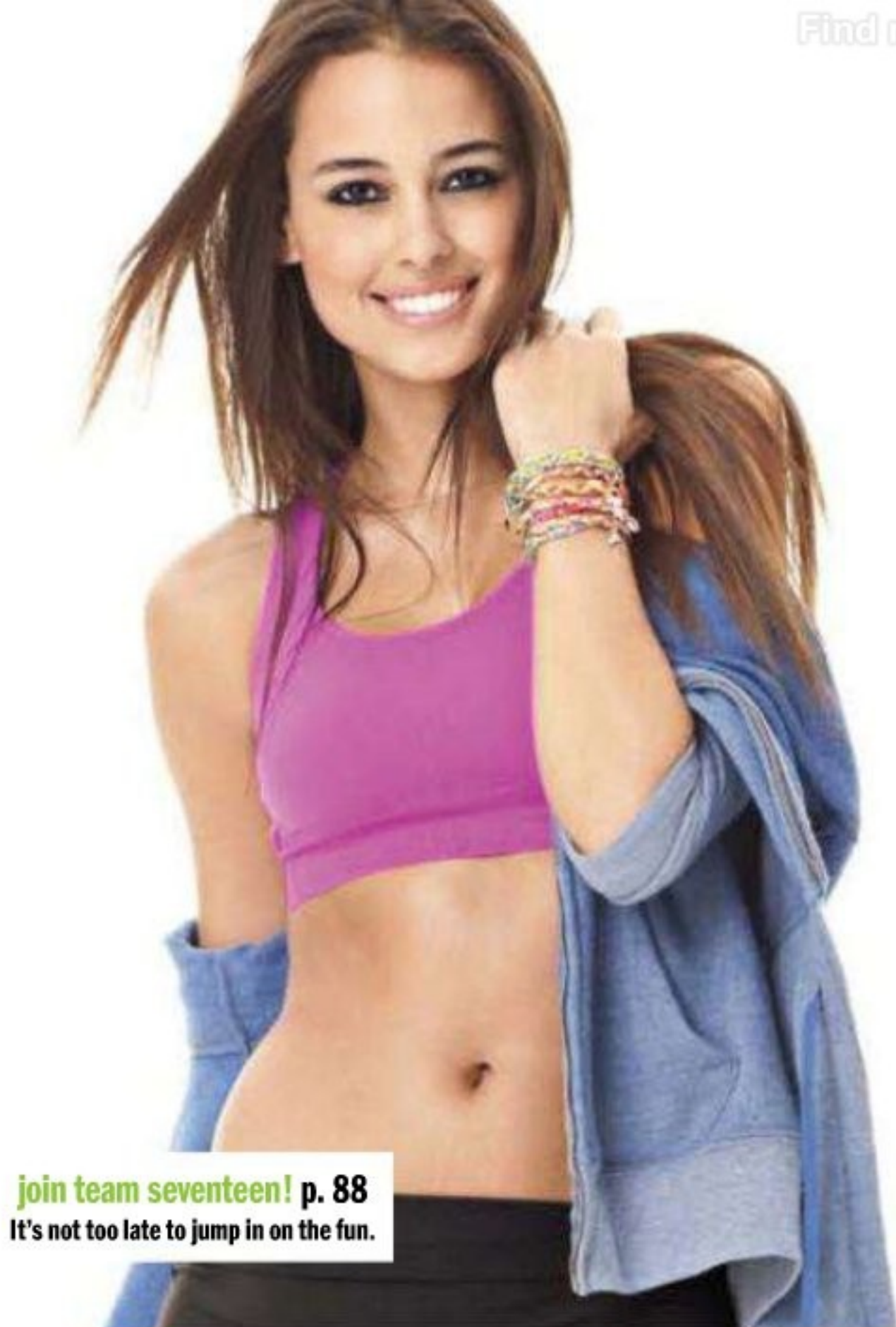
**transform your body—  
in 3 moves! p. 89**  
Find your customized workout now!



**you did it! p. 91**  
Real girls share their best  
get-healthy tricks!



**what no one tells you about  
birth control p. 92**  
Check out the surprising facts.



**join team seventeen! p. 88**  
It's not too late to jump in on the fun.

# love



**awkward! p. 134** How to survive  
your most mortifying moments.



**mind-blowing  
love secrets revealed!**  
**p. 95** Take our quizzes  
to find out where your love life  
is headed!

# life



**"one text turned into the house  
party from hell!" p. 100**  
You have to read Julia's crazy story!



**is money hiding in  
your wallet? p. 102**  
Get more cash now.



**your college bucket list p. 104**  
The stuff you have to  
do freshman year!



**what's your secret? p. 144**  
Read this before  
you share it online.

# and...

- ✓ **april freebies p. 10**
- ✓ **hi from ann p. 14**
- ✓ **behind the scenes p. 20**
- ✓ **what you think! p. 24**
- ✓ **are you pretty amazing? p. 30**
- ✓ **jennifer lawrence p. 114**
- ✓ **traumarama p. 148**
- ✓ **horoscope p. 152**



# on the cover



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april

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VOGUE EYEWEAR	<div>1</div> <div></div> <div>1 winner scores a pair of gold sunglasses [gold]</div>	<div>2</div> <div></div> <div>1 winner takes home tinted gray shades [sunshine]</div>	<div>3</div> <div></div> <div>1 winner gets a pair of plum sunglasses [spring]</div>	<div>4</div> <div></div> <div>1 winner scores a pair of cool taupe sunglasses [relax]</div>	<div>5</div> <div></div> <div>1 winner snags a pair of black sunglasses [vacation]</div>	<div>6</div> <div></div> <div>1 winner gets a pair of bronze sunglasses [shades]</div>	<div>7</div> <div></div> <div>1 winner scores a pair of tortoiseshell sunglasses [sunny]</div>
AMERICAN EAGLE OUTFITTERS	<div>8</div> <div></div> <div>1 winner gets a graphic sweatshirt [wave]</div>	<div>9</div> <div></div> <div>1 winner scores a red knit cardigan [knit]</div>	<div>10</div> <div></div> <div>1 winner gets a striped cropped tee [stripes]</div>	<div>11</div> <div></div> <div>1 winner snags a fitted denim jacket [denim]</div>	<div>12</div> <div></div> <div>1 winner scores a trendy tribal sweater [tribal]</div>	<div>13</div> <div></div> <div>1 winner takes home a floral sundress [floral]</div>	<div>14</div> <div></div> <div>1 winner gets a plaid button-down [plaid]</div>
NICOLE BY OPI	<div>15</div> <div></div> <div>5 winners score a neon green nail polish [neon]</div>	<div>16</div> <div></div> <div>5 winners get a cheery red nail polish [red]</div>	<div>17</div> <div></div> <div>5 winners snag a pretty purple nail polish [purple]</div>	<div>18</div> <div></div> <div>5 winners get a sophisticated nude nail polish [nude]</div>	<div>19</div> <div></div> <div>5 winners score a sweet violet nail polish [violet]</div>	<div>20</div> <div></div> <div>5 winners get a sparkly plum nail polish [plum]</div>	<div>21</div> <div></div> <div>5 winners take home a glittery purple nail polish [glitter]</div>
AÉROPOSTALE	<div>22</div> <div></div> <div>1 winner gets a red tote [beach]</div>	<div>23</div> <div></div> <div>1 winner scores an orange canvas tote [play]</div>	<div>24</div> <div></div> <div>1 winner snags an oversize carryall [green]</div>	<div>25</div> <div></div> <div>1 winner gets a playful backpack [athletic]</div>	<div>26</div> <div></div> <div>1 winner gets a cool vacation tote bag [tote]</div>	<div>27</div> <div></div> <div>1 winner gets an acid yellow backpack [backpack]</div>	<div>28</div> <div></div> <div>1 winner snags a graphic tote [sunset]</div>
ALBA BOTANICA	<div>29</div> <div></div> <div>5 winners get an all-natural sunscreen spray [sunscreen]</div>	<div>30</div> <div></div> <div>5 winners score a nonstreaking self-tanner [suntan]</div>	<div>Save this calendar for a chance to win every day in April!</div>				<div>HOW TO ENTER:</div> Starting April 1, log on to <a href="http://seventeen.com/freebies">seventeen.com/freebies</a> every day and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to <a href="http://seventeen.com/freebies">seventeen.com/freebies</a> or see page 150 for details.



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“

It's safe to say that the entire *Seventeen* office is **bananas** for *The Hunger Games*! The **fashion** department has been passing around the same dog-eared copy for months; the features team had competitions to see who could get through the trilogy first; and on **page 20**, you'll see what a **super-fan** our beauty assistant **Molly** is. (Love that pic—she's going to kill me for drawing even more attention to it!)

I know we're not the only ones who are obsessed—Katniss is the kind of hero we've been waiting for! She's ridiculously **brave** and strong, and yet she has this great emotional depth. Even though she lives in some wild, dystopian **world**, her internal worries are the same as ours: her future, her family, and falling in love. (Who

wouldn't want to be caught in a Gale/Peeta love triangle!?)

I was **rooting** for Jennifer Lawrence to be Katniss from the beginning—she always seemed so cool and confident. (I literally got goose bumps from her **performance** in *Winter's Bone*. Be warned, though: The movie is hard to watch—it haunted me for days.) But when you read our interview with her on **page 114**, it's clear that she's so much more than a great actress. She really connected with **Katniss**—she feels the same need to take care of people and not let them down.

I think the reason we all love Katniss so much is that she's the **ultimate** girl—the kind we all try to be: tender when people need her, thoughtful about the world, and tough if she has to be. Tell me why *you* love Katniss at **facebook.com/annshoket** or on Twitter at **@annshoket** (hashtag **#17HG**)!



”

XOXO  
-A.

# HUNGRY CELEBS

The *Hunger Games* has some famous fans. Here is who's paying tribute! (Ha!)

**@lucyhale**  
ahhhh **The Hunger Games**  
is soo  
good . . .



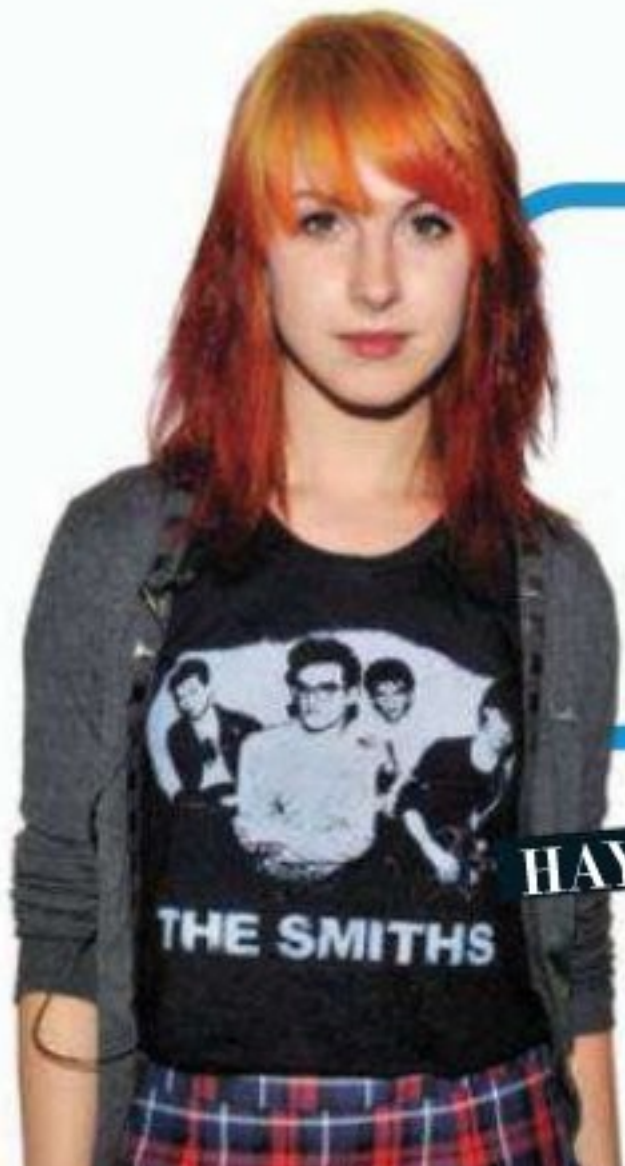
LUCYHALE

**@kekepalmer:**  
“I CANNOT WAIT  
TO SEE **HUNGER**  
**GAMES!!!!!!!!!!!!!!**  
I WILL be in the  
second one!!!!!!!!!!”



KEKEPALMER

**@yelyahwilliams** After  
carrying it around for  
2 months, I am finally  
completely consumed by  
**The Hunger Games.**  
**#alwayslatetotheparty**



HAYLEYWILLIAMS



**@msleamichele**  
In bed reading  
**Hunger Games**  
now . . . I'm  
so addicted to  
this book I  
can't stop!!!!

LEAMICHELE



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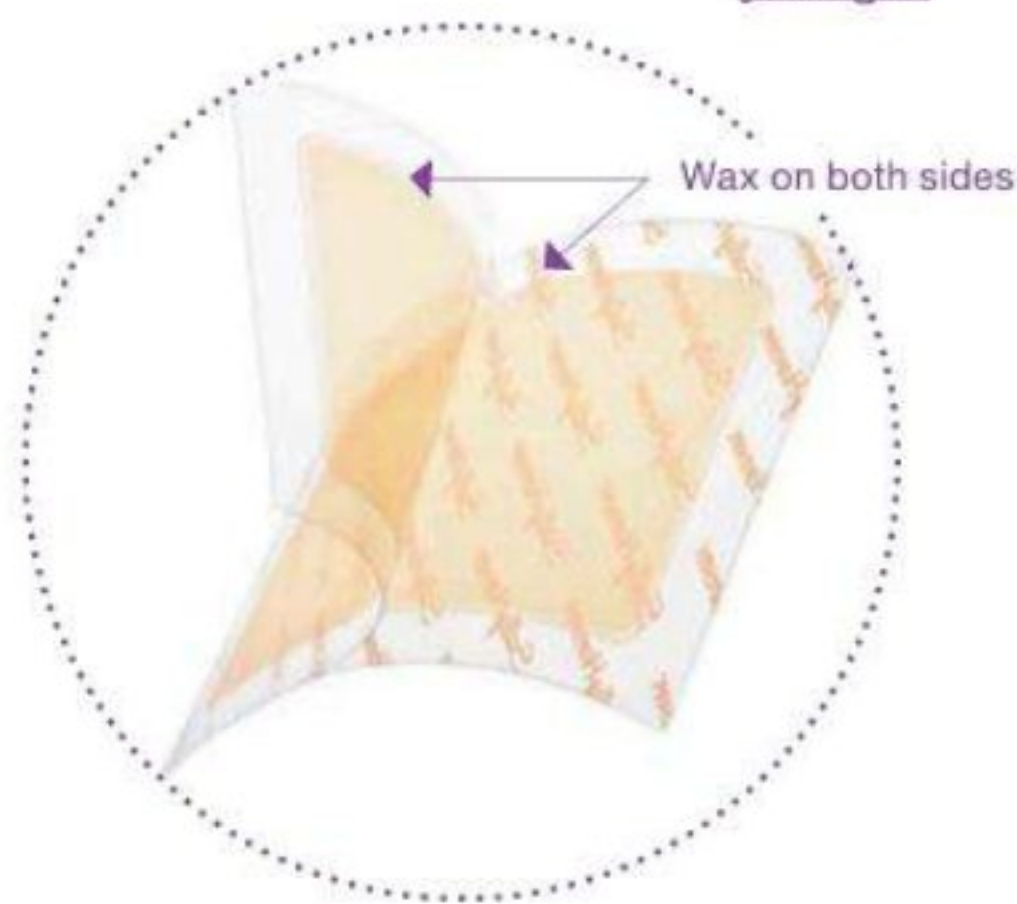
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# behind *the* scenes at seventeen

Take a peek at the making of the April issue—then head to [seventeen.tumblr.com](http://seventeen.tumblr.com) to see what we're working on now!



## horsing around

Jennifer's family used to own a horse farm! So she was psyched to nuzzle up to this black beauty, India, at her shoot. "Oooh, is it horse time now?" she asked.



## free bird

On the set of our fashion shoot in Santa Monica, CA, a random man biked past holding three parrots—so model Hannah G. asked to borrow one for a pic!



## glossy girl

Model Melissa K. came to our casting call for a fashion story (those are the snaps from her go-see!), but we loved her fab hair so much, we booked her for "Hairway to Heaven" (page 138) instead.



## fandemonium

When we asked readers to tweet pics to show their *Hunger Games* loyalty, beauty assistant Molly wanted in on the competition. She put this look together with stuff we had around the office!

## get the cover look



**ON THE COVER:** Top, Isabel Marant; dagger heart necklace, Swarovski; blue-and-red necklace, Iosseliani. Fashion Stylist: Aya T. Kanai. Hair: Mark Townsend. Makeup: Rachel Goodwin. Manicure: Lisa Postma. Photograph: Matt Jones.



**ON THE COVER:** Dress, Anna Sui. Fashion Stylist: Aya T. Kanai. Hair: Mark Townsend. Makeup: Rachel Goodwin. Manicure: Lisa Postma. Photograph: Matt Jones.

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Garnier Fructis Style Curl Calm Down Anti-Frizz Cream, \$5, drugstores



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# the new OLAY generation



SEVENTEEN STYLE PRO

The feeling you get after *accomplishing a major goal for the first time* is incredibly rewarding. After outswimming the boys at family BBQs, I pursued swimming competitively. Spending hours in the pool paid off when *I received a scholarship to attend my dream school, USC, to swim*. Freshman year, the meet against our biggest competitor came down to my 100 meter backstroke. My coach's encouragement drove me to win the race, propelling my team into first place. *Seeing USC as #1 on the scoreboard was one of the most exhilarating moments of my life!* Check out my tips below for making your dreams a reality.

XOXO, Ashley

## tip one: pave the way

Life is what you make of it, and you don't want any regrets! As part of a new generation of women, you have so many options, so find a passion and reach for the stars.

## tip two: be inspired

I admire Carrie Underwood's determination to make it as a star—she set a goal and went after it! A fearless attitude like Carrie's is how I worked up the courage to get in the pool and compete. Find an idol, follow in her footsteps. There's no stopping you, either.

## tip three: confidence is key

If you're confident in your own skin, you can conquer the world! That's why I love **Olay's Pore Minimizing Cleanser & Scrub**. Not only does it make me feel beautiful and radiate confidence, but the 2-in-1 foaming formula exfoliates to help minimize the appearance of pores while cleansing skin deeply.

## tip four: hard work pays off

Achieving a big goal requires hard work and dedication. Throughout it all, **Olay Complete All Day UV Moisturizer** is one of my skincare staples, hydrating my skin with 8 hours of moisture, vitamin E and UVA/UVB protection. It keeps me looking fab when I put in long hours and occasionally hit a bump in the road.



"People would be surprised to know how simple my beauty routine is. It is all about basic cleansing, UV protection, a bit of makeup, and I am out the door."

—Carrie Underwood

## enter for a chance to win big!

Inspired to share your success story like Ashley and Carrie? Visit [seventeen.com/newolaygeneration](http://seventeen.com/newolaygeneration) and tell us about your first big accomplishment for the chance to win a trip for 2 to Carrie's favorite place and the city she calls home: **Nashville, Tennessee!** One grand prize winner will receive a set of 2 tickets to the **CMA Music Festival**, June 7–10 (where Carrie will be performing!), dinner at a local restaurant serving her fave food—pizza—and an appearance in *Seventeen*!



Turn to page 94 to learn about how you can score a **free gift from Olay!**

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OLAY ACCOMPLISHMENT CONTEST. Sponsored by Hearst Communications, Inc. To Enter: Go to [seventeen.com/newolaygeneration](http://seventeen.com/newolaygeneration) beginning 12:01am ET on March 6, 2012 through 11:59pm ET on April 16, 2012 and submit the entry form, including a short essay (150 word maximum) about your first big accomplishment. Must be female, 13–24 years of age, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia at time of entry. Void where prohibited by law. Contest subject to complete and official rules available at [seventeen.com/newolaygeneration](http://seventeen.com/newolaygeneration).

There is a promotional agreement in place between *Seventeen* and Olay.



# OLAY

## COMPLETE

*I used to only wear sun protection on a beach day,  
NOW I WEAR OLAY COMPLETE EVERY DAY.*

— Carrie Underwood

### OLAY COMPLETE DAILY UV BLOCKS 92% OF HARMFUL UV RAYS

OK I admit it...I used to only protect my skin on the beach. Now I know damaging rays are everywhere. So whether I'm on the beach or in the city, I wear Olay's lightweight lotion. For naturally beautiful skin no matter where you are, visit [SkinCareFacts.com](http://SkinCareFacts.com).

OLAY. CHALLENGE WHAT'S POSSIBLE.™





Nicole  
by O.P.I

KARDASHIAN KOLOR



Fall in love with the entire  
Kardashian Kolor collection!

Try it on at  
**nicolebyopi.com**

Find us on:



CONTAINS NO DBP, TOLUENE, OR FORMALDEHYDE  
800.341.9999 ©2012 OPI Products Inc.

# what *you* think!

Stuff you're talking about *right* now.

## UNBROKEN

“ I was overjoyed to see Demi Lovato on the cover! She's my hero. I went through a depression recently, and her song 'Skyscraper' was my anthem—it helped restore my confidence. She has proven to the world that she can do anything, and she is so open about what she has been through. I admire her so much for that! ”

—AMANDA, 18, LA VERNE, CA



## HAIR TODAY...GONE TOMORROW!



Willow posted this pic on her blog. She has no more hair to whip!



So '80s! Her mom, Madonna, would approve!

Both Willow Smith and Lourdes Leon recently debuted some seriously dramatic haircuts. So we asked readers on **seventeen.com**:

How far would  
you go?

**60%** of readers say **JUST A TRIM PLEASE!**

**12%** of readers say **I'D SHAVE ONE SIDE—IT LOOKS COOL!**

**28%** of readers say **SHAVE IT ALL!**



score **\$500**  
cash!

Take our reader-feedback survey online!  
See page 150 for details, or log on to  
**survey.seventeen.com.**



Nicole  
by O.P.I.

# KARDASHIAN KOLOR

Sizzle into spring with stylish shades inspired by everyone's favorite TV family!



Fall in love with the entire Kardashian Kolor collection!

Try it on at  
**nicolebyopi.com**

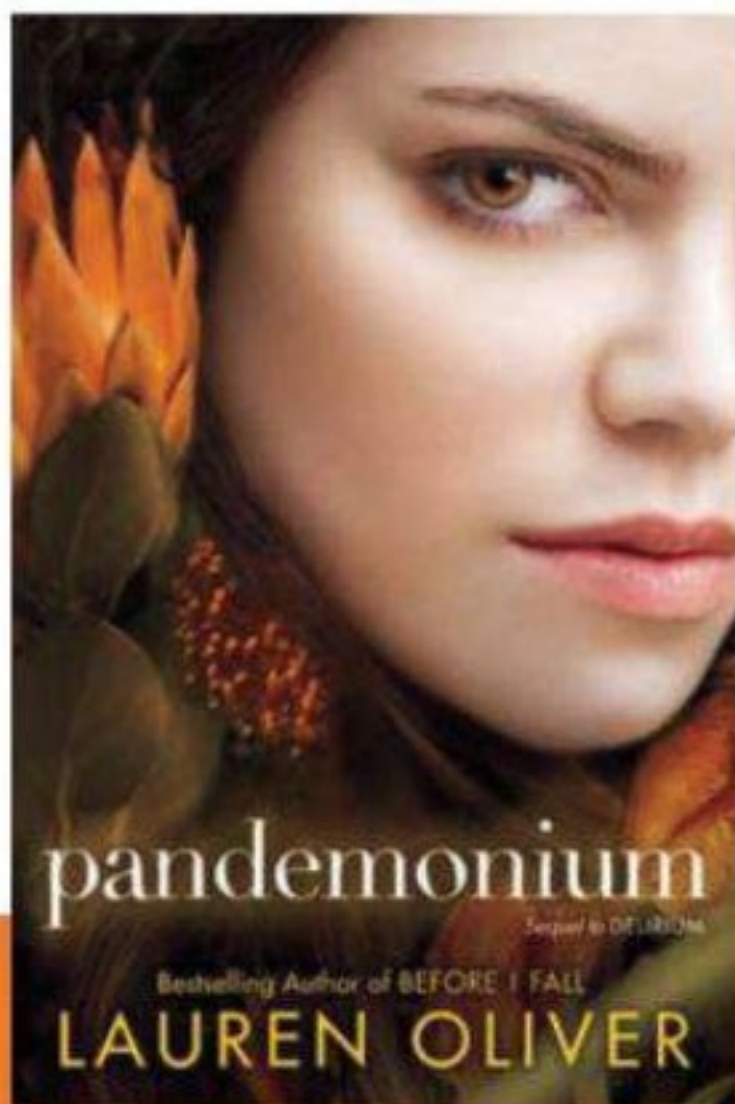
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AVAILABLE AT  **TARGET**





Dare to love.  
Dare to resist.  
**pandemonium**

Lauren Oliver's electrifying follow-up to her bestselling *Delirium* is all about new beginnings.

Lena is making a fresh start. Her old self remains with Alex in Portland, Maine, but a new Lena is born in the Wilds and transformed by hardship, deprivation, and loss.

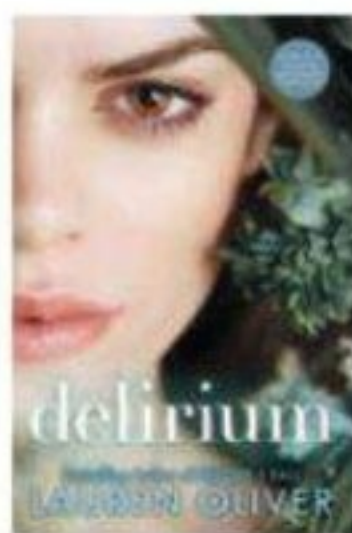
Lena reminds us that it's never too late for a new beginning—even when things are looking pretty tough. Make sure to pick up a copy of this empowering novel wherever books are sold!

XOXO,  
Dana



seventeen STYLE PRO

Get more of the  
Delirium trilogy.



facebook.com/deliriumtrilogy

**HARPER**

An Imprint of HarperCollinsPublishers

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Seventeen and HarperCollins.

# OCCUPY SHOWDOWN

Readers had a strong reaction to "Occupy Wall Street Changed My Life!" [Feb 2012]. Which side are you on? Tell us at [seventeen.com/shareyourthoughts](http://seventeen.com/shareyourthoughts).

## get a voice!

“I commend Amina for standing up for what she believes in. Our generation will run the country someday. If everyone—especially young people—voiced their opinions and put them into action, there is no limit to what we could accomplish.”

—MADDI, 17, MCKINNEY, TX

## get a job!

“Instead of complaining, protesters should use that time to look for a job. It's wrong to hate people who have worked hard to get where they are while you are sitting around expecting that society owes you privileges you have not earned.”

—ELENA, 16, ANNAPOLIS, MD



# public pajamas

A lawmaker in Louisiana is trying to issue a ban on pajamas in public! But sleepwear is suddenly chic (Check out this pic from our Feb issue!) How do you wear your pj's?

“Whenever I'm in a rush, I style my pajama pants with a beanbag hat and a loose sweater to complement the comfy look. They make it more appropriate for the classroom setting.”

—clara, 21, palisades park, nj



seventeen reader reward

## GET A FREE HAIRCUT!

THE SALON AT ULTA BEAUTY

Go to [seventeen.com/freehaircut](http://seventeen.com/freehaircut) and enter code **newlook** to get a free cut and style at any ULTA Salon!

Starting March 13, 2012, at 12:01 A.M. ET, go to [seventeen.com/freehaircut](http://seventeen.com/freehaircut) and enter the code “newlook” on the entry form to be eligible for a coupon for one (1) free haircut and style at any ULTA Salon (estimated retail value: \$35 each). One thousand (1,000) will be given away. One per person. Giveaway ends April 16, 2012. Once all free haircuts are distributed, there will be no substitute product given away.





# #2012WORDS

In her February editor's letter, Ann wrote that she picks a word as her mantra every year. Thousands of girls tweeted their own inspiration:

**“WORTHY”**

–@DisneyThug\_Tia

*“love”*

–@JessicaJourneee

**“ACHIEVE”**

–@skinnykenney15

**“resilient”**

–@EPassik

**“happiness”**

–@ErynGallant

ROBERTS: JML/SPLASH NEWS.

ENTER FOR A CHANCE TO WIN A

**\$10,000**  
**SPRING**  
**SHOPPING**  
**SPREE!**

Enter for your chance to win **\$10,000** and get ready to buy an amazing new spring wardrobe!

Go to [seventeen.com/springshop](http://seventeen.com/springshop) to enter!

See page 150 for details!

Emma Roberts



You can enter this sweepstakes on your smartphone! Go to <http://gettag.mobi> on your phone to download the app. Using your phone's camera, snap a picture of the tag you see here. You'll be automatically taken to the site where you can enter the sweeps!



**The gum that looks like candy. But it's not.**

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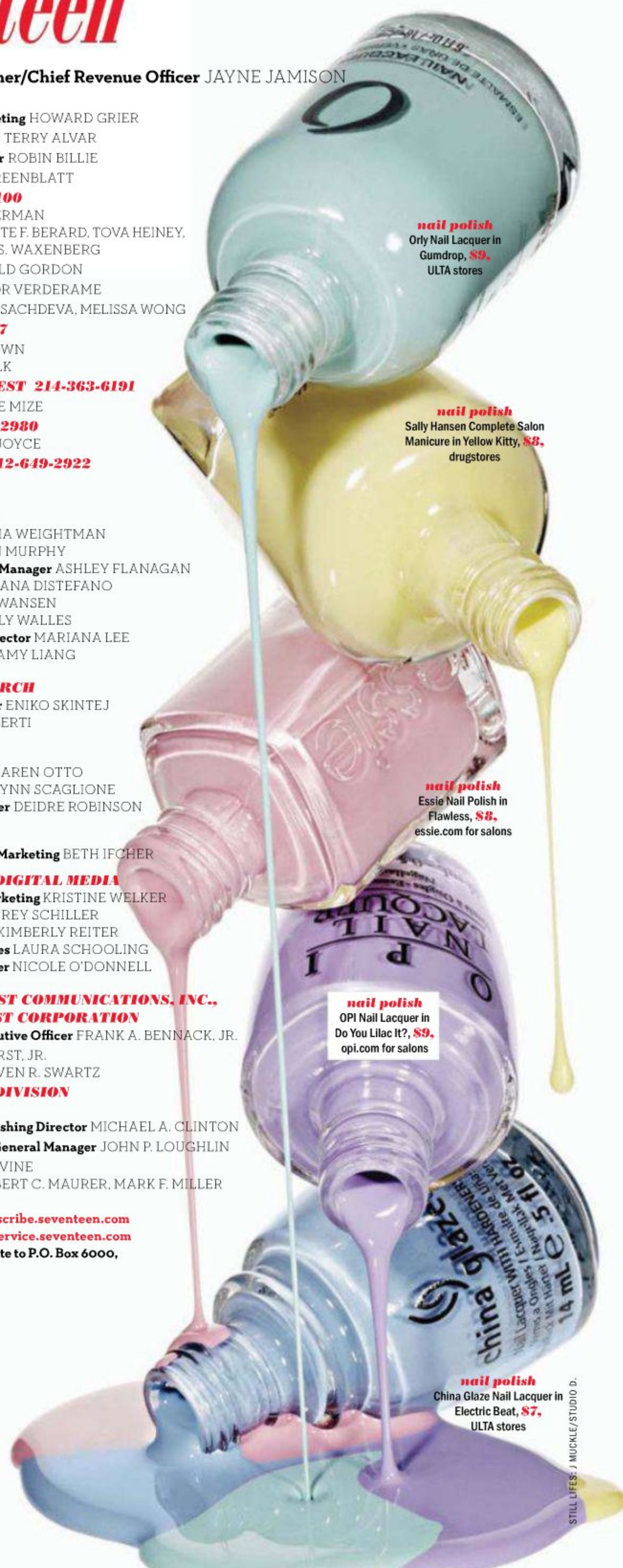
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**nail polish**  
Orly Nail Lacquer in  
Gumdrop, \$9,  
ULTA stores

**nail polish**  
Sally Hansen Complete Salon  
Manicure in Yellow Kitty, \$8,  
drugstores

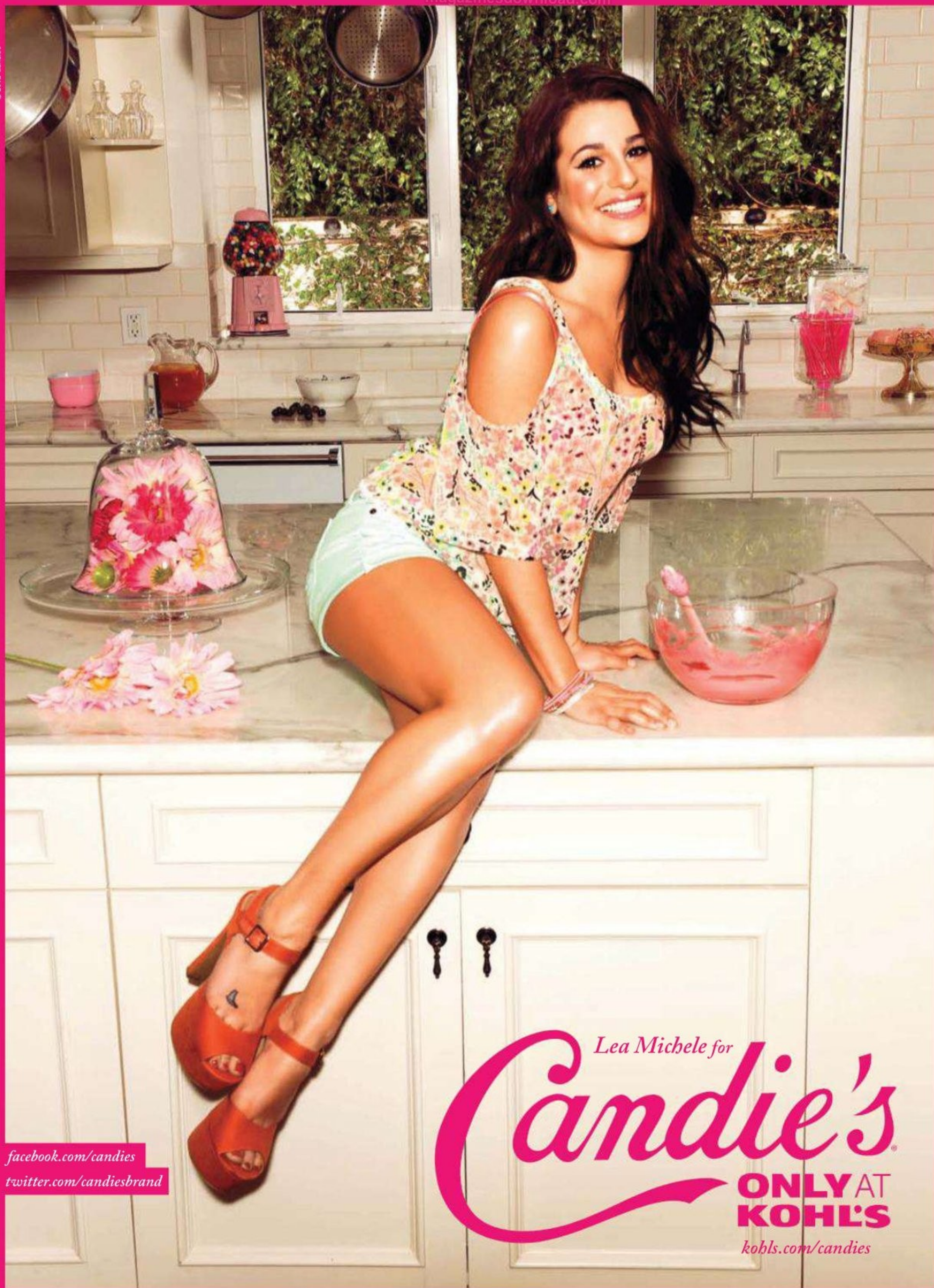
**nail polish**  
Essie Nail Polish in  
Flawless, \$8,  
[essie.com](http://essie.com) for salons

**nail polish**  
OPI Nail Lacquer in  
Do You Lilac It?, \$9,  
[opi.com](http://opi.com) for salons

**nail polish**  
China Glaze Nail Lacquer in  
Electric Beat, \$7,  
ULTA stores

STILL LIVES: J. MUCKLE/STUDIO D.





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# ARE YOU **PRETTY** AMAZING?

You could be on  
a cover of *seventeen*

AND WIN A

**\$20,000**

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from Neutrogena!



Our 2011  
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winner Zoë Damacela  
on her cover!

## Enter *Seventeen's* **PRETTY AMAZING** CONTEST!

We're looking for the ultimate real girl to be on the cover of *Seventeen*! Are you passionate, creative, or mega-talented? Have you done something awesome that's worth celebrating? Tell us everything that makes you amazing at [seventeen.com/prettyamazing](http://seventeen.com/prettyamazing) now!

### GUEST JUDGES:



Emma Roberts



Ann Shoket,  
EDITOR-IN-CHIEF,  
*Seventeen*



Jared Eng,  
FOUNDER,  
*JustJared.com* &  
*JustJaredJr.com*

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No purchase necessary. See Rules on page 150.





Ever feel like you

**CAN'T GET AWAY**

**FROM YOUR ACNE?**

Now you can.

Clear up **PAST, PRESENT** and **FUTURE** breakouts with this new **all-in-one acne product**.



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Who needs to be reminded about past pimples? Natural soy and vitamin A help even skin tone and speed surface skin exfoliation to fade the look of those dreaded post-acne marks.

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**100%\*** of users showed noticeable reductions in all three phases of acne

\*Facial treatment clinical testing results.

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Go to [neutrogena.com/all-in-1](http://neutrogena.com/all-in-1)



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# fashion

arami, 21

## SPRING'S BEST

# dresses!

Tie on a sweatshirt for a sporty look at school—then shed it for a party!

What could make you happier than a fun spring dress? In these new trends, it's basically impossible to be in a bad mood!

### BODY-CON

#### dress

Sizes XS–L, Motel, **\$70**, motelrocks.com.

#### sweatshirt

(around waist)  
Sizes S–XL, Toddland, **\$48**, Urban Outfitters stores and toddland.com.

#### earrings

Charlotte Russe, **\$6**, Charlotte Russe stores.

#### necklaces

Girlprops, **\$9** each, girlprops.com.

#### wedges

Sizes 5½–11, Jessica Simpson Collection, **\$98**, jessicasimpsoncollection.com.





**EMBROIDERED**

**dress**  
Sizes XS-XL, Aéropostale,  
\$25, Aéropostale stores  
and aeropostale.com



**SHIRTDRESS**

**dress**  
Sizes XS-L,  
Quiksilver, \$70,  
quiksilver.com



**KEYHOLE**

**dress**  
Sizes XS-XL,  
O'Neill, \$50,  
shoponeillusa.com



**POLKA DOTS**

**dress**  
Sizes S-L, Lulu's,  
\$55, lulus.com



**ZIPPERED**

**dress**  
Sizes 2-12, H&M,  
\$18, H&M stores



**STRIPED**

**dress**  
Sizes XS-L, Mimi  
Chica, \$44,  
mimichica.com

**PEPLUM**

kate, 21

Accentuate  
your waist  
with a belt—it  
will help give  
you even more  
dramatic  
curves!



**dress**  
Sizes S-L, MM Couture  
by Miss Me, \$68,  
missme.com.  
**tee**  
Sizes XS-L, Lauren Moshi,  
\$92, boutiqueyou.com.  
**earrings**  
Urbanog, \$7,  
urbanog.com.  
**belt**  
Make Me Chic, \$16,  
makemechic.com.  
**sneakers**  
Sizes 5-12, Nike,  
\$120, nike.com.



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Experience the feeling of surprising hydration, from your razor. New Schick Hydro Silk™ razor has water-activated moisturizing serum that hydrates your skin longer than any other razor. And 5 blades with skin guards help reduce irritation, leaving your skin silky smooth. FREE YOUR SKIN®

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HYDRO  
Silk





# DROP-WAIST

**dress**  
 Sizes XS-L, Tinley Road,  
 \$69, piperlime.com.  
**earrings**  
 Lulu's, \$9, lulus.com.  
**socks**  
 GoJane, \$5,  
 gojane.com.  
**heels**  
 Sizes 5½-11, Jessica  
 Simpson Collection,  
 \$98, jessicasimpson  
 collection.com.

Play up the  
 girliness of  
 this shape by  
 pairing cute  
 printed socks  
 with strappy  
 sandals.

# HIGH-LOW

**dress**  
 Sizes S-L, As You  
 Wish, \$55,  
 asuwishclothing  
 .com

# LACE

**dress**  
 Sizes XS-XL,  
 Ultra Pink,  
 \$48, Kohl's  
 and kohls  
 .com

# CHEVRON

**dress**  
 Sizes XS-XL,  
 O'Neill, \$46,  
 shoponeillusa  
 .com

# COLLARED

**dress**  
 Sizes S-L,  
 Love, Fire, \$42,  
 love-fireclothing  
 .com

# TIERED

**dress**  
 Sizes XS-XL,  
 2B Bebe, \$35,  
 2bstores.com

# ZIGZAG

**dress**  
 Sizes S-L, Lulu's,  
 \$25, lulus.com

# SMOCKED

**dress**  
 Sizes S-L, Ocean  
 Drive, \$51,  
 shopvintagehavana  
 .com

# BUSTIER

**dress**  
 Sizes XS-XL,  
 Material Girl,  
 \$38, Macy's  
 and macys.com



ADVERTISEMENT

# *dream design... revealed!*

David's Bridal would like to congratulate **Samantha of Fairfax, VA** as the Grand Prize Winner of the "Sketch Your Dream Prom Dress" Contest.

As the grand prize winner, Samantha received a trip to New York City, a \$25,000 scholarship, a \$5,000 donation to her school, and her dress developed, manufactured, and sold exclusively by David's Bridal for Prom 2012.



To learn more about our "Sketch Your Dream Prom Dress" Contest & see our latest Prom styles, visit [DavidsProm.com](http://DavidsProm.com).

This limited edition Prom style, inspired by Vincent van Gogh's painting *Starry Night*, is available now at select stores and [DavidsProm.com](http://DavidsProm.com).

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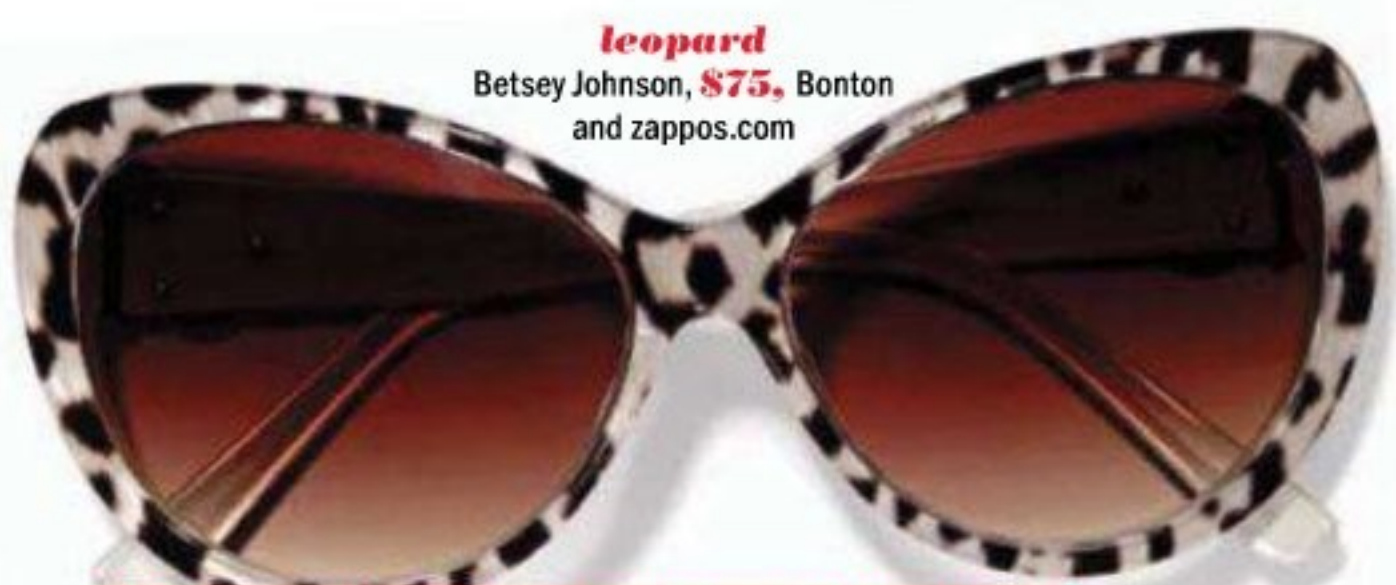
# the cutest sunglasses (in the closet!)

As they unpack boxes and steam clothes, our interns get to peek at all the newest shades! Check out the ones they have *their* eyes on.



MEGHAN, 19

**square**  
See, \$99,  
seeeyewear.com



**leopard**  
Betsey Johnson, \$75, Bonton  
and zappos.com

"Between the animal print and the shape, these just have a glam Kardashian growl!"

-MEGHAN



**cat-eye**  
H&M, \$13,  
H&M stores

"The orange trim adds to the retro feel. I'd want to wear them with an exaggerated updo!"

-BECCA



**aviator**  
Juicy Couture, \$98,  
Juicy Couture  
boutiques and select  
Solstice Sunglass  
boutiques



**tortoise**  
Giant Vintage,  
\$20,  
giantvintage.com

"As a native Texan, I love to kick back. These shades are perfect for cowboy boots and jean shorts!"

-BECCA



BECCA, 22

**round**  
Giant Vintage, \$24,  
giantvintage.com



**oval**  
Marc by Marc Jacobs,  
\$98,  
solsticesunglasses  
.com

"These are totally my style: relaxed and boho. I hate makeup in the summer, so I'd just toss these on and hit the beach."

-MEGHAN



**neon**  
Asos, \$27,  
asos.com





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**REPORTER**  
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BEAUTY BUZZ!**

# GUILTY: Dangerously Full Lashes



## EXHIBIT A

Formulated with 3x Collagen & Keratin\*, Rimmel London's new SCANDALEYES Mascara gives lashes scandalous volume.

\*Compared to Volume Flash The Max



## EXHIBIT B

The MaxDensity brush captures and plumps every lash.

"Make Your Own  
Headline" Contest

# TATTLE & TELL!

[SEVENTEEN.COM/MAKEYOUROWNHEADLINE](http://SEVENTEEN.COM/MAKEYOUROWNHEADLINE)

Dream of making headlines like the coolest celebs? Now's your chance!

Enter a tabloid-worthy headline about how you would use your lashes to turn heads for a chance to win a **PAPARAZZI-WORTHY NIGHT OUT** for you and your 5 BFFs, including:

- 👑 **\$500** for you to put towards an attention-grabbing spring wardrobe from Topshop
- 👑 **At-home makeovers** for you and your gal pals to get beautified in a signature "Rimmel London Look"
- 👑 **A limo** to and from your activities
- 👑 **Scandalous dinner** at a local hotspot
- 👑 **A paparazzi photographer** to document your night with a keepsake photo book
- 👑 **Rimmel London cosmetics** to recreate your headline-making London Look
- 👑 **Seventeen swag** and the **chance to appear** in a future issue of *Seventeen*

## CAUGHT ON FILM!

Watch our **Beauty Smartie, Bianca**, show you how to achieve her favorite headline-making look in a step-by-step video.



**WATCH NOW @** [YOUTUBE.COM/17STYLEPROS](http://YOUTUBE.COM/17STYLEPROS)

Rimmel London provided Bianca with complimentary products to try.

NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. RIMMEL LONDON "MAKE YOUR OWN HEADLINE" CONTEST. Sponsored by Hearst Communications, Inc. To Enter: Go to [seventeen.com/makeyourownheadline](http://seventeen.com/makeyourownheadline) beginning 12:01am ET on March 6, 2012 through 11:59pm ET on April 16, 2012 and submit the entry form, including a tabloid-worthy headline (25 word maximum) about how you will use your lashes to turn heads. Must be female, 13-24 years of age, and a legal resident of the 50 United States, Puerto Rico, or District of Columbia at time of entry. Void where prohibited by law. Contest subject to complete and Official Rules available at [seventeen.com/makeyourownheadline](http://seventeen.com/makeyourownheadline).



# MASSIVE SCANDAL!

## INTRODUCING SCANDALEYES MASCARA

FOR LASHES SO BIG IT'S ALMOST CRIMINAL.  
**HUGE MAXDENSITY BRUSH** CAPTURES EVERY LASH,  
WITH **3X MORE COLLAGEN AND KERATIN**.†  
IF YOU'RE GOING TO CAUSE A SCANDAL,  
IT MIGHT AS WELL BE MASSIVE.

GEORGIA MAY JAGGER wears shade 001 Black



# RIMMEL

GET THE **LONDON** LOOK

†Compared to Volume Flash The Max.





**YOUR PERFECT FIT**

# the best new jeans

**TALL**

blythe, 18



Your long legs are your best asset! Stretch them even more in **skinny jeans with vertical stripes**.

**FLAT BUTT**

danielle, 20



The high-waist trend is tricky on other girls but is actually perfect for you! The cut creates curves, and the **pocket details** enhance your booty!

**CURVY ALL OVER**

nadia, 19



Unlike skinny jeans that cut you off at the ankles, a slim, straight fit **extends over the tops of your feet** so your body looks long and sleek.

**Shop on your iPhone or iPod touch!**



Browse tons of cute pieces now on the new *Seventeen Ultimate Fashion Flipbook* iPhone app! Download it for free on iTunes!

*stripes*

*high-waist trousers*

*straight leg*

**jeans** Sizes 24-32, Daang Goodman for Tripp NYC, \$78, urbanoutfitters.com. **tee** Sizes XS-XL, DKNY Jeans, \$39, Macy's. **heels** Sizes 6-10, Charlotte Russe, \$30, Charlotte Russe stores.

**jeans** Sizes 0-16, Rock & Republic, \$80, Kohl's and kohls.com. **blouse** BCBG Max Azria. **heels** Jeffrey Campbell.

**jeans** Sizes 25-32, Mavi, \$98, mavi.com. **jacket** Sizes XS-XL, Adidas Originals, \$50, Adidas Originals stores and shopadidas.com. **tee** Sizes S-L, No Star, \$28, nstarclothing.com. **heels** Walter Steiger.



# for your body!

You don't have to give up on trendy styles to find a flattering fit! Here's the hot look that's right for you.

**CURVY BUTT**

glorelys, 21



Flaunt that cute rear view in boldly colored jeans—look for a pair with **plenty of stretch**, which gives your booty a boost!

**bright stretch**

**jeans** Sizes 00–15, Blue Asphalt by Wet Seal, \$27, Wet Seal stores and wetseal.com. **blouse** Sizes XS–L, Willow & Clay, \$69, Macy's. **heels** Elizabeth and James.

**PETITE**

alexandria, 17



A super-skinny stovepipe fit **highlights your delicate frame**, while fading on the thighs adds dimension and fills you out.

**light wash**

**jeans** Sizes 25–34, H&M, \$40, H&M stores. **top** Cynthia Vincent. **flats** Sizes 5½–10, Urbanog, \$21, urbanog.com.

**FULL HIPS**

diana, 20



Accentuate your shape in jeans that are fitted around the ankle. They **create an hourglass**, so you'll have bombshell curves.

**skinny ankle**

**jeans** Sizes 0–13, Roxy, \$70, roxy.com. **jacket** L.L.Bean Signature. **top** Sizes XS–L, Quiksilver, \$78, quiksilver.com. **belt** Lacoste, \$85, select Lacoste boutiques and lacoste.com. **heels** Sizes 5½–10, Fahrenheit, \$20, makemechic.com.





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*1-DAY*

he'll be begging me to dance with him.



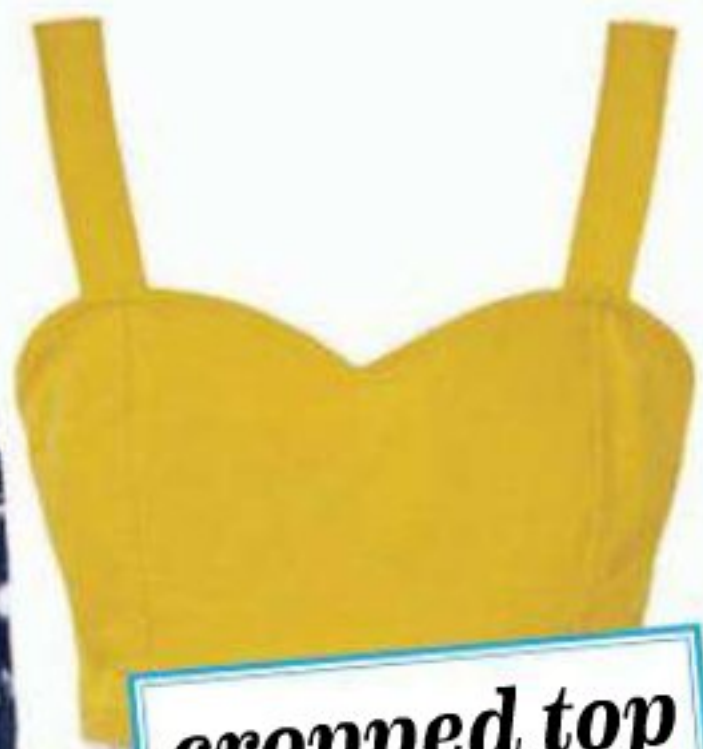
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**cropped top**

**top**  
Sizes XS-L, Lulu's, **\$34**, lulus.com



**striped mini**

**mini**  
Sizes XS-L, Willow & Clay, **\$88**, Belk and belk.com



**kimono jacket**

**jacket**  
Sizes XXS-L, BCBGeneration, **\$118**, Lord & Taylor and Macy's



**printed pants**

**pants**  
Sizes 0-16, DKNY Jeans, **\$69**, dknyjeans.com

# build the *perfect* wardrobe!

Give your closet that springtime-fresh feeling:  
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**TURN FOR OUTFITS!**



**preppy cardi**

**cardigan**  
Sizes XS-XL, Kersh, **\$85**, 888-688-3657



**pink jeans**

**jeans**  
Sizes 1-12, Mango, **\$40**, mango.com



**bright tank**

**tank**  
Sizes XS-L, Express, **\$25**, Express stores and express.com



**sweet sundress**

**dress**  
Sizes XS-XL, O'Neill, **\$42**, shoponeillusa.com



**oversize blazer**

**blazer**  
Sizes XS-L, Pink Martini Collection, **\$88**, artsycloset.com



**tribal shorts**

**shorts**  
Sizes 0-18, American Eagle Outfitters, **\$40**, American Eagle Outfitters stores and ae.com



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# YOUR LOOKS!



**necklace** Fabulous, \$16, lulus.com. **bag** R&Em, \$58, call 212-677-7829 to order. **sneakers** Sizes 6-13, Converse Jack Purcell, \$70, converse.com.



**wristlet** Express, \$25, Express stores and express.com. **necklace** GoJane, \$23, gojane.com. **sneakers** Sizes 5½-11, Tretorn, \$70, tretorn.com.



**sunglasses** Neff, \$20, dogfunk.com. **scarf** Skinny by Jessica Elliot, \$60, skinnystyle.com. **flats** Sizes 5½-11, Urbanog, \$20, urbanog.com. **bangle** Mixit by jcpenny, \$14, jcpenny and jcp.com.



**bag** Nine West, \$69, ebags.com. **watch** Urbanog, \$20, urbanog.com. **shoes** Sizes 5-12, Sperry Top-Sider, \$60, sperrytopsider.com.



**earrings** Lulu's, \$12, lulus.com. **necklace** A.V. Max Accessories, \$100, avmaxaccessories.com. **hat** Neff, \$26, dogfunk.com. **belt** Make Me Chic, \$16, makemechic.com. **shoes** Sizes 5-11, Minnetonka, \$40, shoebuy.com.



**hat** Block Headwear, \$58, blockheadwear.com. **heels** Sizes 5-11, Fergie Footwear, \$90, Macy's.





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10 LUMINOUS SHADES

Beauty that Works



Model is wearing Moisture Twist in Fuchsia Fusion.

[sallyhansen.com](http://sallyhansen.com)

\*Based on consumer perception





# JOURNEYS

## EDGY INDIE

Cute shorts and bold statements make you this season's It Girl.



**Edgy Indie, Top to bottom:**  
Rocket Dog Clover #680422; It Girl T-Shirt #48247; Jansport Superbreak Backpack #17137; Keds Champion #417101

## GLAM GODDESS

Pair with an LBD and try not to break too many hearts.



**Glam Goddess, Top to bottom:**  
Shi by Journeys Sauna Heel #970435; Hoop Earrings #31665; Black Hat #79080; ZiGi Soho Cheery Sandal #940856

## SKATER CHICK

Take it to the ramp and show the haters what you're made of.



**Skater Chick, Top to bottom:**  
DC Rebound #351761; iKat Purse Backpack #39874; Shut Up and Dance T-Shirt #48246; Osiris NYC 83 Slim #471228



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How will you pair it and wear it this spring?

## BOHO BABE

Grab a flowy skirt and tank top,  
and watch heads turn.



**Boho Babe, Top to bottom:**  
Shi by Journeys Shore Thong Sandal #970083;  
Bracelets #31664; Oversized Hobo Tote  
#70656; MIA Blanco Wedge #638578

## BEACH CHIC

Spend your day at the beach  
comfy and casual.



**Beach Chic, Top to bottom:**  
Sanuk Castaway #171536; Hello Kitty  
Giddyup T-Shirt #66234; Fedora #79061;  
Rainbow 301 Leather #930023

## SWEET REBEL

Wear with your favorite skinnies,  
attitude and charm.



**Sweet Rebel, Top to bottom:**  
Dr. Martens 1460 #569341; Headbands #76138;  
Zebra Print Clutch #39877;  
Not Rated Boogie Night #912126



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# SPRING LOADED

CATCH A BREAK



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Give your whole look an A-list upgrade for a teeny-tiny price!



**bustier**  
Sizes S-L, True  
Freedom, **\$24**,  
select Sears and  
sears.com

**BUSTIER TOP**

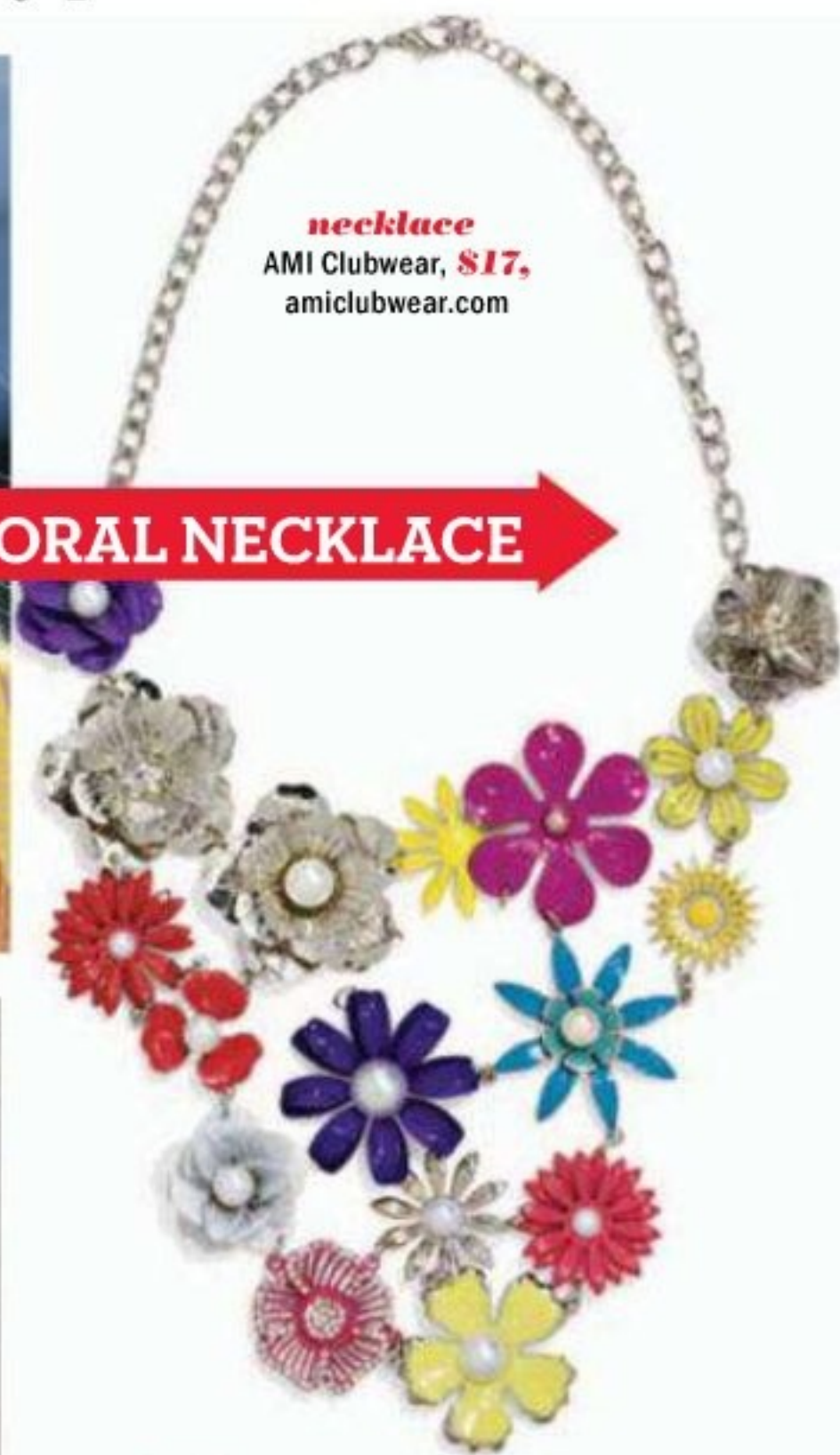


Kat Graham



Blake Lively

**FLORAL NECKLACE**



**necklace**  
AMI Clubwear, **\$17**,  
amiclubwear.com



Hailee Steinfeld

**TURQUOISE CLUTCH**



**clutch**  
Asos, **\$36**, asos.com



Zendaya

**PRINTED PANTS**

**pants**  
Sizes S-L,  
Make Me Chic,  
**\$19**,  
makemechic  
.com

**PINK SUNGLASSES**



**sunglasses**  
Giant Vintage, **\$20**,  
giantvintage.com



Alexa Chung



Ashley Greene

**GRAPHIC TEE**



**tee**  
Sizes S-L, GoJane, **\$18**, gojane.com





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**SHOPPING**  
SECTION!



Lucy Hale



Kylie and Kendall Jenner



Chloë Grace Moretz

# mega **SHOE** blowout!

Welcome to your shoe fantasy! There's no better way to kick off spring than with one of these cute pairs.

**INSIDE:** HOT STYLES FOR YOUR VIBE, EXCLUSIVE DISCOUNTS, SHOPPING SECRETS, AND MORE!

HALE: STEVE GRANITZ/WIREIMAGE; JENNERS: STEVE GRANITZ/GETTY IMAGES; MORETZ: THEO WARGO/GETTY IMAGES FOR TARGET.





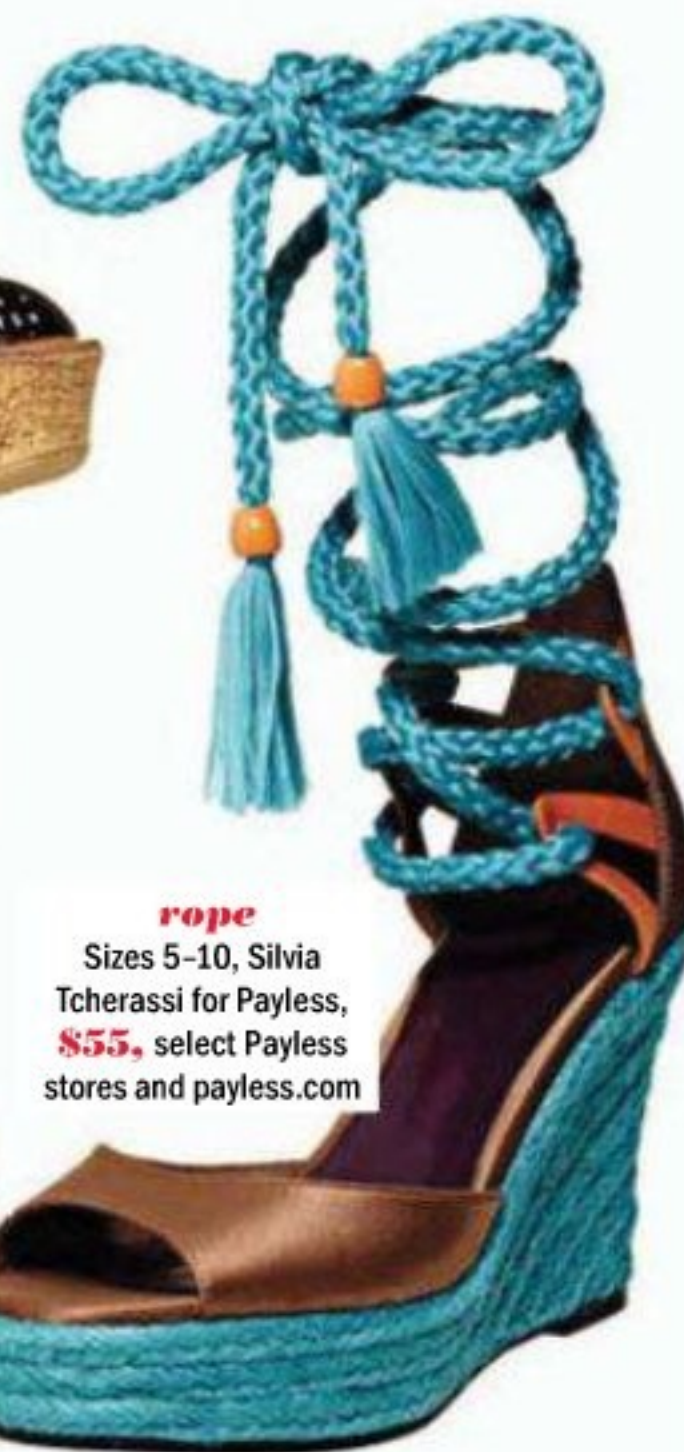
**beaded**  
Sizes 6-10,  
Zigigirl, **\$90**,  
[ziginy.com](http://ziginy.com)



**ikat**  
Sizes 6-10,  
Chinese Laundry,  
**\$80**,  
[chineselaundry.com](http://chineselaundry.com)



**cork**  
Sizes 5½-11,  
Wanted, **\$60**,  
[wantedshoes.com](http://wantedshoes.com)



**rope**  
Sizes 5-10, Silvia  
Tcherassi for Payless,  
**\$55**, select Payless  
stores and [payless.com](http://payless.com)



**watercolor**  
Sizes 5½-11, Jessica  
Simpson Collection, **\$79**,  
[jessicasimpsoncollection.com](http://jessicasimpsoncollection.com)



**tribal**  
Sizes 6-11,  
Unionbay, **\$40**,  
[unionbay.com](http://unionbay.com)



**woven**  
Sizes 5-11,  
Carlos by Carlos  
Santana, **\$69**,  
[bonton.com](http://bonton.com)



**low-fi**  
Sizes 5-11, Keds  
for Madewell,  
**\$50**, select  
Madewell stores  
and [madewell.com](http://madewell.com)



**feathers**  
Sizes 5½-11, Shi by  
Journeys, **\$40**, Journey's  
stores and [journeys.com](http://journeys.com)



**strappy**  
Sizes 5½-11,  
Paris Hilton  
Footwear, **\$79**,  
[heels.com](http://heels.com)



**graphic  
flowers**  
Sizes 6-10,  
Report Shoes,  
**\$90**,  
[reportshoes.com](http://reportshoes.com) and  
800-998-3013



Demi Lovato



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Sam Edelman,  
**\$140**,  
Nordstrom

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[reportshoes.com](http://reportshoes.com)



**island-  
inspired**  
Sizes 6-11,  
Blowfish Malibu,  
**\$59**,  
[blowfishshoes.com](http://blowfishshoes.com)



**artsy**  
Sizes 5-10, Penny Loves  
Kenny, **\$59**, [heels.com](http://heels.com)  
and [amazon.com](http://amazon.com)



**tropical**  
Sizes 5-11,  
Nine West, **\$99**,  
[ninewest.com](http://ninewest.com)



**SO CUTE!**

Pastry is launching a limited-edition line with Hello Kitty this spring!

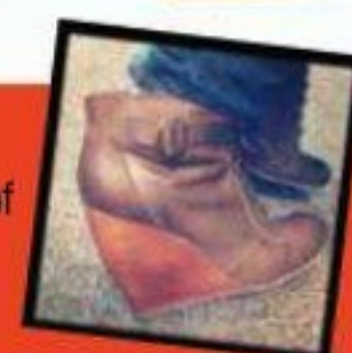
**BIG NEWS!**

Tommy Hilfiger is making a more affordable line of shoes! Check it out at Macy's.



**TWEET YOUR FEET!**

Every Tuesday, tweet [@seventeenmag](https://twitter.com/seventeenmag) pics of your cute shoes to [#shoesdaytuesday](https://twitter.com/shoesdaytuesday)!





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**metallic heel**  
 Sizes 5½-11, Paris  
 Hilton Footwear, **\$89**,  
 heels.com

**oxford**  
 Sizes 5-10, Gravis, **\$90**,  
 gravisfootwear.com

**watermelon**  
 Sizes 6-10, Zigisoho,  
**\$90**, ziginy.com

**floral**  
 Sizes 6-10, Libby  
 Edelman, **\$79**,  
 Lord & Taylor and  
 lordandtaylor.com

**pastel**  
 Sizes 6-10,  
 Zigisoho,  
**\$90**,  
 ziginy.com

# girly

Make your feet look a  
 little more sweet!



Emma Stone

**paisley**  
 Sizes 6-10, Very  
 Volatile, **\$54**,  
 volatileusa.com

**jelly**  
 Sizes 6-10, Chinese  
 Laundry, **\$40**,  
 chineselaundry.com

**cherry**  
 Sizes 5-10, Anna  
 Sui for Hush  
 Puppies, **\$95**,  
 hushpuppies.com

**mary jane**  
 Sizes 5-11, Nine West,  
**\$89**, ninewest.com

**buttoned**  
 Sizes 5-10, Cece  
 L'amour, **\$150**,  
 heels.com and  
 amazon.com

**bow**  
 Sizes 5½-11,  
 Paris Hilton Footwear,  
**\$89**, heels.com

**printed**  
 Sizes 5½-11,  
 Urbanog, **\$20**,  
 urbanog.com

**eyelet**  
 Sizes 5-11,  
 Fergalicious by  
 Fergie, **\$55**,  
 shoes.com

**boat shoe**  
 Sizes 6-10,  
 Milly for Sperry  
 Top-Sider, **\$90**,  
 Milly stores and  
 millyny.com

**tassel**  
 Sizes 5½-11,  
 Wanted, **\$50**,  
 wantedshoes.  
 com

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**rainbow**  
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Campbell, \$155,  
eilatan.com



**lace-up**  
Sizes 5–11,  
IF, \$70,  
ifladies.com



**bright sole**  
Sizes 5–11, Aldo,  
\$90, Aldo stores and  
aldoshoes.com



**metallic**  
Sizes 5–10, Penny  
Loves Kenny, \$89,  
heels.com and  
amazon.com



**peep-toe**  
Sizes 6–10, Michael  
Antonio Studio, \$119,  
michaelantonio.com



**platform**  
Sizes 6–11, BCBGeneration, \$118, select  
BCBGeneration stores and bcbgeneration.com



**floral**  
Sizes 5–11, Aldo,  
\$100, Aldo stores and  
aldoshoes.com



**high-tops**  
Sizes 5–10½, Adidas  
Originals, \$75,  
Adidas Originals  
stores and  
shopadidas.com

**pom-pom**  
Sizes 5–10, Penny  
Loves Kenny, \$49,  
heels.com and  
amazon.com



**hidden wedge**  
Sizes 6–10, Chinese  
Laundry, \$170,  
chineselaundry.com



**striped**  
Sizes 5–12, Nike,  
\$85, select Nike  
stores and nike.com



**double strap**  
Sizes 5½–11, Jessica Simpson  
Collection, \$98,  
jessicasimpsoncollection.com



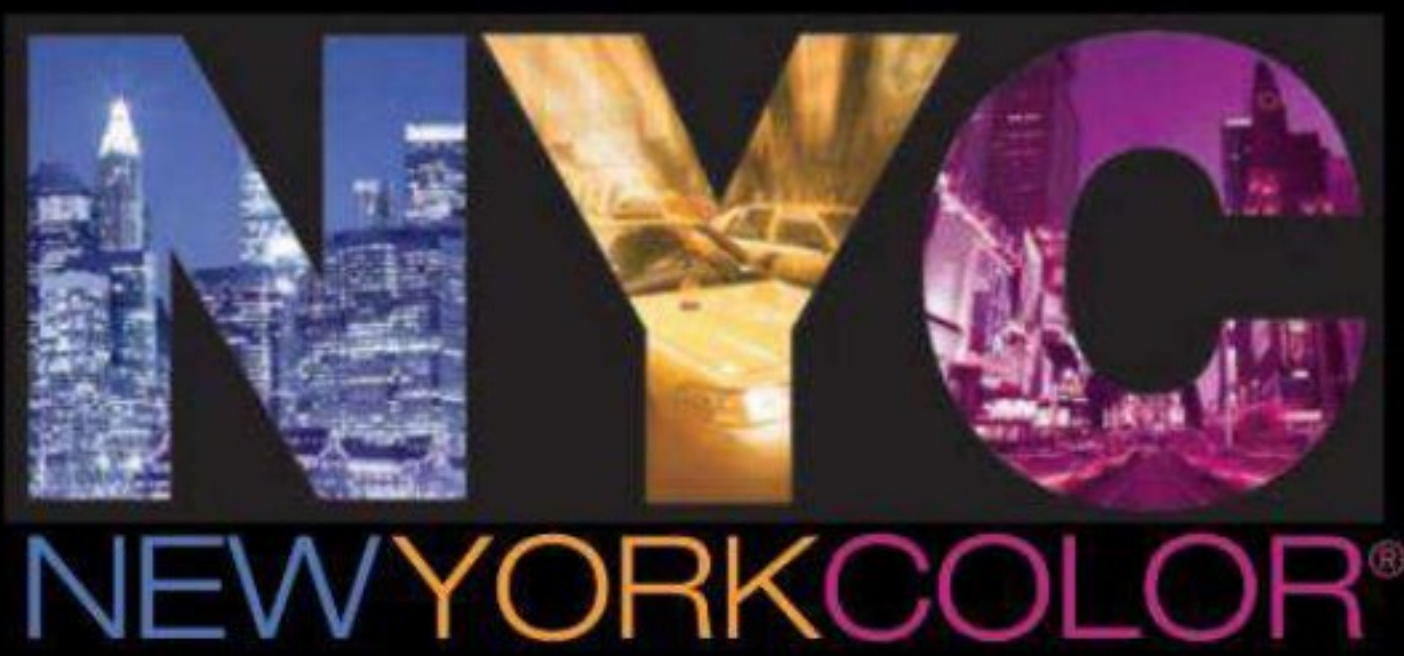


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Model on left is wearing 8HR City Proof Extended Wear Lipgloss Midnight Rose & in a NY Color Minute Nail Polish Tribeca Silver. Model on right is wearing City Duet 2-in-1 Split Lipstick The Vintage Pinks. Both models wear Big Bold Volume Mascara Extreme Black. \*Prices may vary.





**leopard**  
Sizes 5½-11,  
Betsey Johnson,  
\$140, amazon.com



**double wedge**  
Sizes 5½-11,  
Rachel Rachel Roy,  
\$129, Macy's and  
rachelroy.com



**snakeskin**  
Sizes 5-11,  
Nine West, \$79,  
amazon.com



**beaded**  
Sizes 5-10,  
Charlotte Russe,  
\$30, Charlotte  
Russe stores and  
charlotterusse.com



**spikes**  
Sizes 6-10, Jeffrey Campbell, \$165,  
urbanoutfitters.com



**bright**  
Sizes 6-10, Call It  
Spring, \$50,  
jcpenny and jcp.com

# EDGY

Your shoes take center stage in these rock-star styles.



**chain and buckle**  
Sizes 5½-11, Pastry,  
\$60, Journeys stores



**caged**  
Sizes 5-11, Abbey  
Dawn, \$65,  
abbeydawn.com



**mixed print**  
Sizes 5-10, Guess, \$99,  
endless.com



**ballet flat**  
Sizes 6-10, Libby  
Edelman, \$89,  
Lord & Taylor and  
lordandtaylor.com



**zipper heel**  
Sizes 5-11,  
Fergie Footwear,  
\$100, select  
Macy's

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fergieshoes.com.



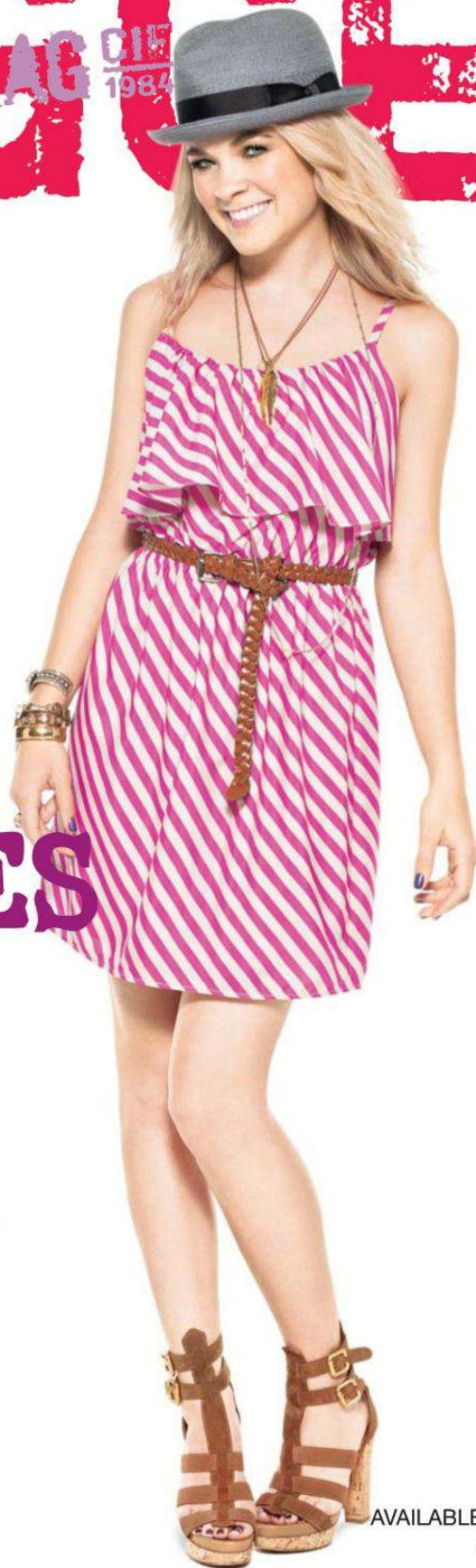
Kristen Stewart



**graphic**  
Sizes 6-11, Sam  
Edelman, \$99,  
shopbop.com



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# beauty

HAIR SPECIAL!

## SOFT AND LUSCIOUS

For a barely there bend, tousle second-day hair with a little texturizing balm.

# EASIEST HAIR EVER!

Life can be hard—but styling your hair doesn't have to be! These undone dos are so simple, they're impossible to get wrong. by tomoko takeda



# SIMPLE TWISTS

Put a new spin on your everyday style with a little roll and a quick twist.

## HOW-TO:

### STEP 1

*Rough up your look with a spritz of texturizer. Then twist thin pieces on each side of the part, pinning in the back.*

**try:** Aquage Sea Salt Texturizing Spray, \$17, aquage.com

### STEP 2

*Make your style twinkle: Mist a cloud of shimmer spray above your head and walk through it.*

**try:** Umberto Beverly Hills Shimmer Shine Spray, \$9, Target stores



GIORGIO ARMANI

**COIL IT ALL** For a flirty spin, twirl random sections of varying sizes flat against your head and secure with a pin or two.

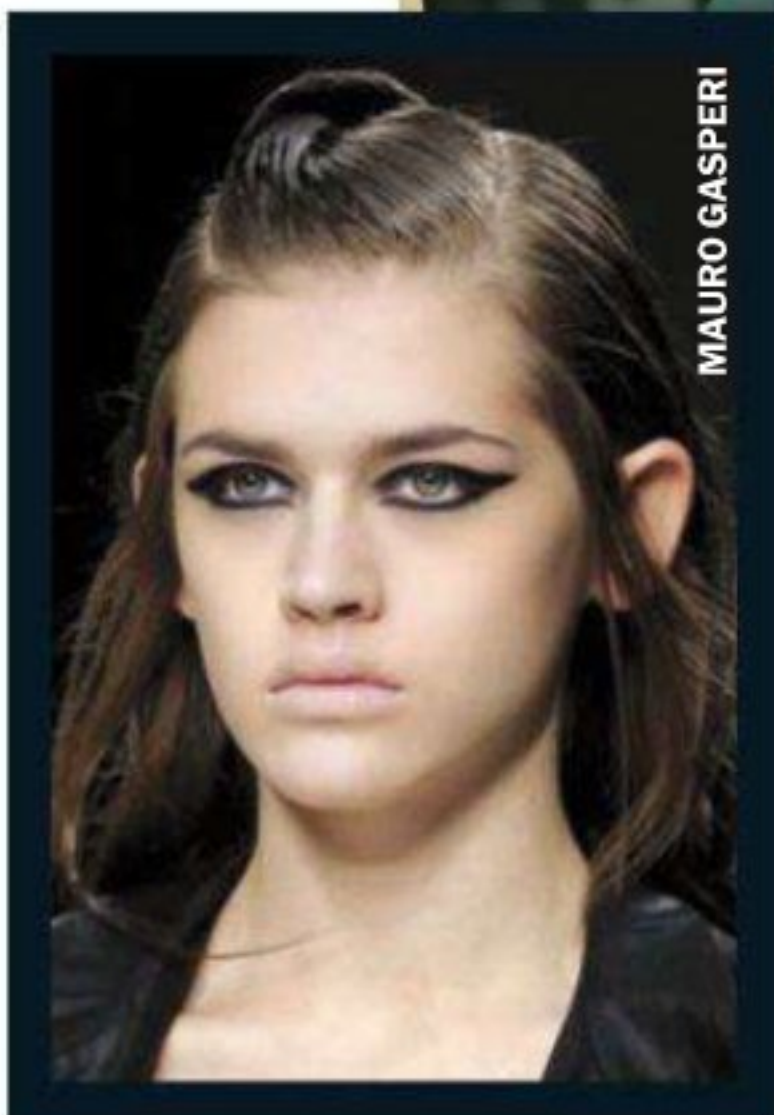
Twist a few strands before piling everything in a bun.



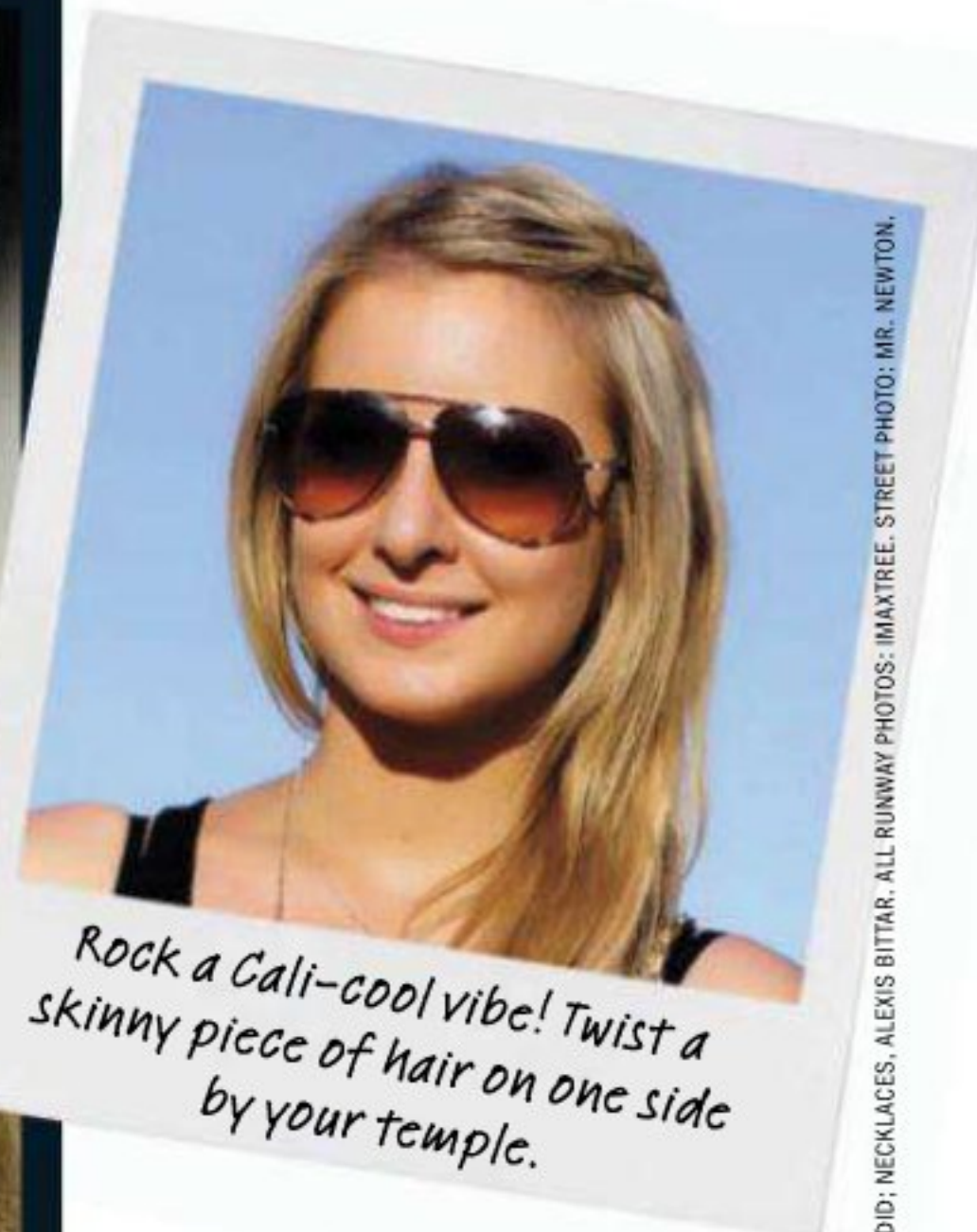
### SLICK IT BACK

Agelled twist on top gives your look a sleek, edgy feel.

MAURO GASPERI



LELA ROSE



Rock a Cali-cool vibe! Twist a skinny piece of hair on one side by your temple.

### TWIST TO THE SIDE

Great for growing bangs out! Get your hair off your face by twisting a section in front across the top of your head, adding more strands as you go.

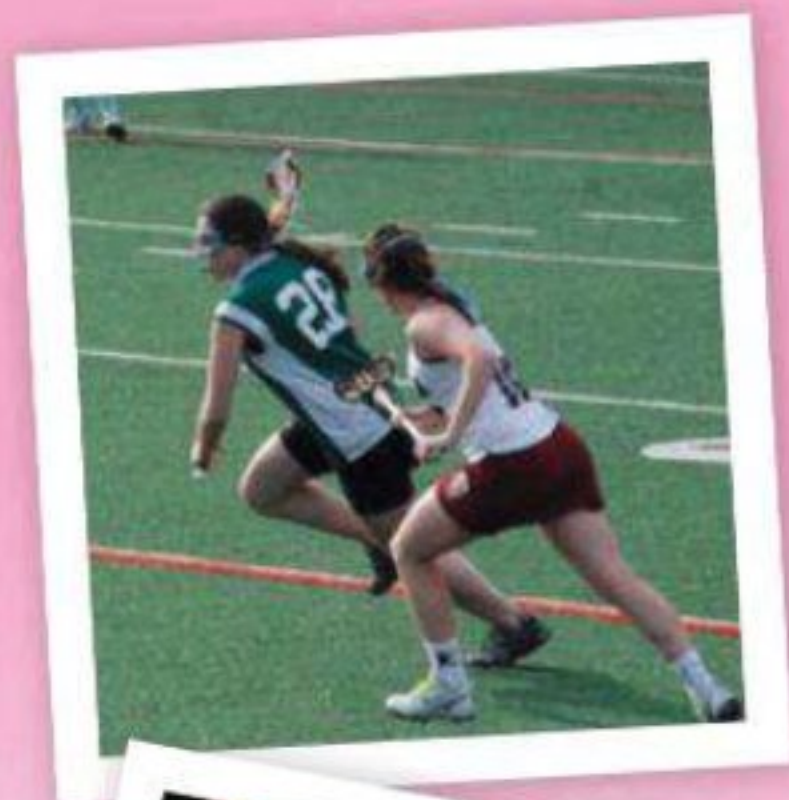


# MEET on-the-go Girl...

## Jillian



Our On-the-Go Girl athlete, Jillian, tells us how she balances it all—lacrosse, school and friends! Read on for an exclusive sneak peek into a day in the life of this active high school junior.



**6:00 am** Jillian gets up early and eats a healthy egg white omelette. Adding a side of toast gives an extra boost of carbs on game day.

**9:00 am** Jillian heads to her AP History class—her favorite subject! She is sure to take lots of notes to prepare for the big exam this week.

**11:00 am** It's lunch time! Jillian looks forward to this time every day to catch up with her BFFs on weekend plans and upcoming college visits.

**2:30 pm** Jillian boards the bus for her away lacrosse game. Her teammates blast music to get pumped up!

**4:00 pm** Jillian and her teammates stretch before they hit the field. Stretching helps avoid injury and preps the body for an awesome game time performance.

**7:00 pm** Victory! After the team's big win, Jillian and her friends head to a local restaurant for a celebratory dinner.

## VOTE & ENTER FOR A CHANCE TO WIN!

Earlier this year, we asked readers to share their "on-the-go" tip for remaining unstoppable. Now it's your turn to vote for your favorite "On-the-Go Girl" contest finalists! Visit [seventeen.com/playtexsport](http://seventeen.com/playtexsport) to vote and you will be automatically entered for a chance to **win a \$1,000 shopping spree!**

NO PURCHASE NECESSARY TO ENTER OR WIN. The On-the-Go Girls Vote & Win Sweepstakes Sponsored by Hearst Communications, Inc. To enter, go to [seventeen.com/playtexsport](http://seventeen.com/playtexsport) and vote for your favorite "On-the-Go Girl" from 12:00:01 AM ET on March 6, 2012 through 11:59:59 PM ET May 21, 2012 and you will be automatically entered. One vote per person, per day. To win, you must be female, 13-24 years old and a legal resident of the 50 United States or District of Columbia. Void where prohibited by law. One (1) winner will be chosen at random to receive \$1,000.00 for a shopping spree. Sweepstakes is subject to complete official rules available at [seventeen.com/playtexsport](http://seventeen.com/playtexsport).



For a coupon, visit us at [facebook.com/playtexsport](http://facebook.com/playtexsport)

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# MESSY BUNS

Don't overthink it! The softer and more unstructured the look, the better.

## HOW-TO:

### STEP 1

*Spritz wax all over for grab and texture.*

*try:* Matrix Design Pulse Get Action Spray Wax, \$15, matrix.com for salons



### STEP 2

*Create a super-loose loop by pulling hair back and tucking the ends to the side.*

### STEP 3

*Twist two corkscrew-shaped pins into the sides of the bun. So much easier than painstakingly pinning each strand.*

*try:* Conair Spin Twirls, \$5 for pack of three, drugstores



JEN KAO

**TRY A TOPKNOT** Add some edge to a ballerina bun—pile hair high and half loop it, leaving the ends hanging casually to the side.

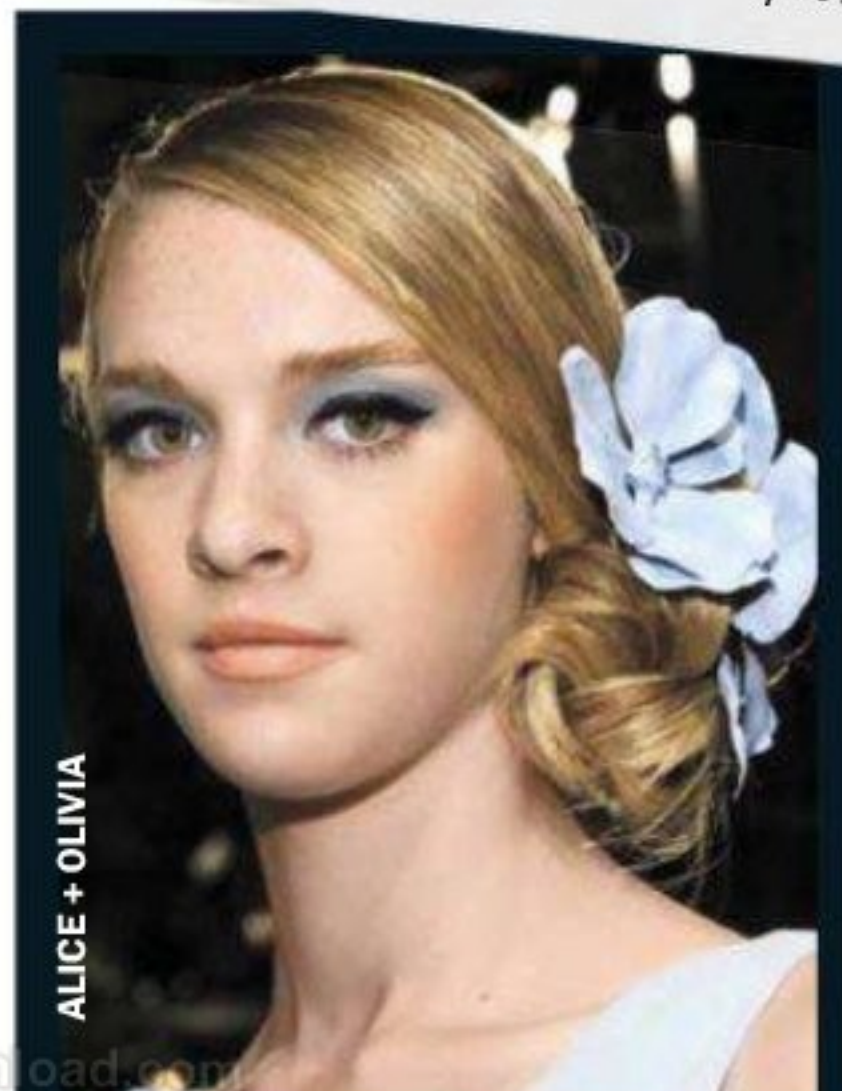


CHANEL

**ADD SOME BLING** Wet texture and pretty pins make a basic bun more interesting.



Go for soft texture and mega volume! Tease hair with a fine-tooth comb before piling everything on top into a pretty high bun.



ALICE + OLIVIA

### BUDDY UP

Embrace your romantic side by tucking flowers into a low side chignon.



Wanna double the fun? Swirl two buns one on top of the other.



**NEW!**

## Katy Perry LASHES

Created by **eylure**

Not all of us are blessed with really super long and full natural lashes, so **false lashes can be our secret weapon** to get a **fresh new look**. They can make your day look a little more bright, and bring out the glamour in the night.

**Trust me, you will wonder how you ever did without them!**

*Katy Perry*

*get the  
Katy Perry look!*



A *gorgeous new range of lashes* from Katy Perry and Eylure.

Available at: ULTA, Claire's and other selected retailers. See [www.katyperry eylure.com](http://www.katyperry eylure.com) for stockist details.

*Katy Perry* **LASHES**

Created by **eylure**



# 1-MINUTE PONIES

You got the basic pony down pat. Now let your personality shine with these easy tweaks.

## HOW-TO:

### STEP 1

Give your hair touchable texture by finger-combing mousse at roots, then quickly hitting it with a dryer for mega volume.

**try:** Dove Style+Care Nourishing Amplifier Mousse, \$4, drugstores

### STEP 2

Divide in three sections, then secure with thick elastics.

**try:** Maddyloo Original Hair Ties in Nude and Silver, \$1 each, maddyloo.com

**PLAY WITH TEXTURE** Give your pony a sporty makeover! Smooth a dab of gel over just the front, then gather hair tightly at the back of your head.

PUCCI



**TIE A RIBBON** Embellish a loose pony with a pretty scarf.



Tie it high up on your head, then flat-iron the tail.

RACHEL ZOE



**HANG LOOSE** For a romantic take, wrap face-framing pieces around a curling iron.

MONIQUE L'HUILLIER



Divide hair in two ponys, then wrap a small piece of hair around the elastic.



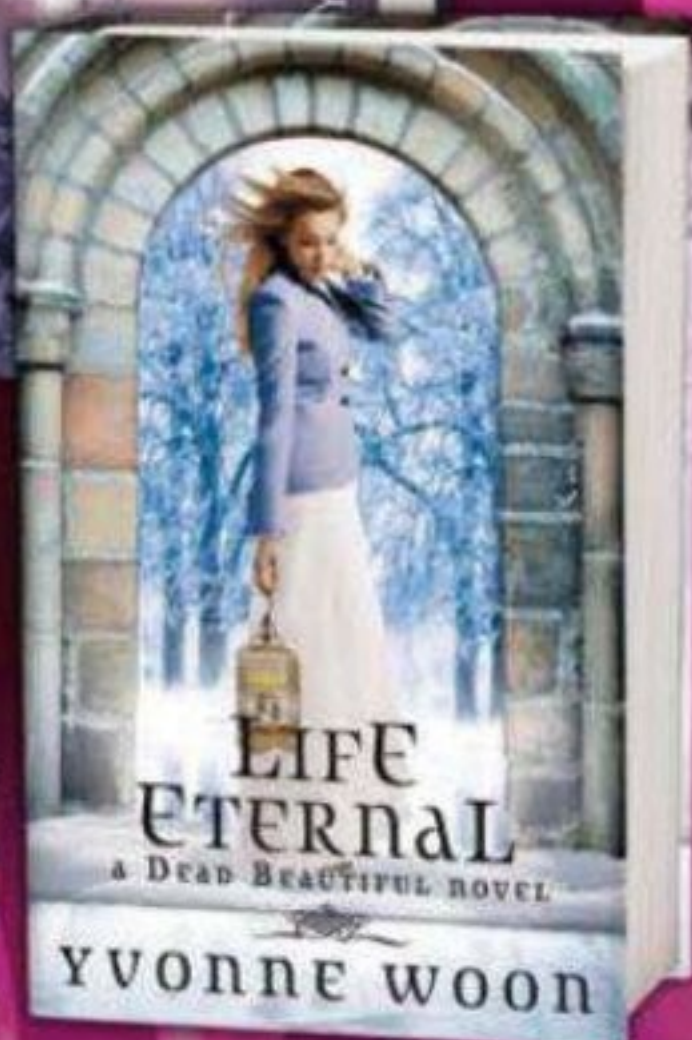
# Who Are You Today?



## THE Romantic



*True love knows no boundaries.*



*Soul mates are an eternal proposition.*



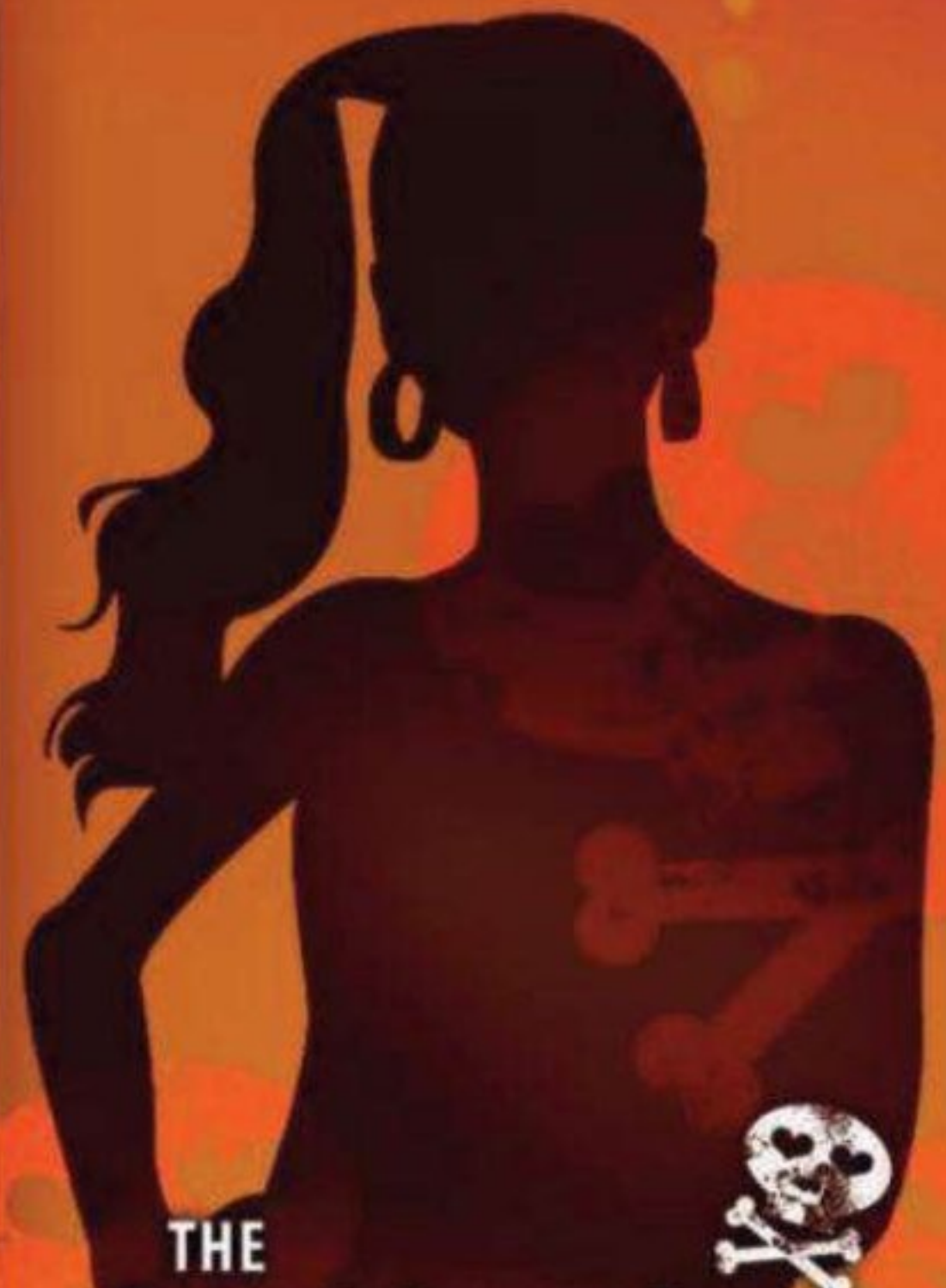
## THE THRILL SEEKER



*Want a better life? Steal it.*



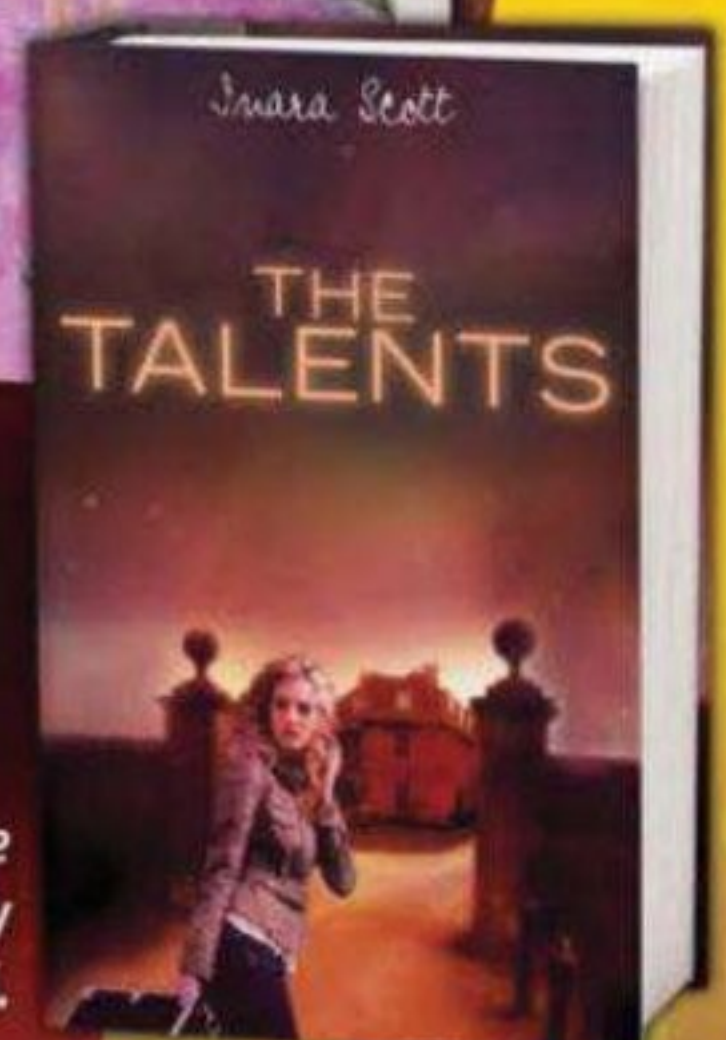
*High school. Declassified.*



## THE Troublemaker



*Every girl has a demonic side.*



*Their gifts are positively supernatural.*



# MY DERMATOLOGIST HELPED ME



# THINK BEYOND THE WASHCLOTH.

The washcloth has always been our trusty go-to for cleansing.

But knowing that dirt and oil can get trapped deep down in pores made the lead inventors of Sonicare® wonder if there wasn't a better way to cleanse skin. With that in mind, they created the Clarisonic® Skin Cleansing System.

By moving back and forth with skin's natural elasticity, Clarisonic gets rid of more dirt, oil and makeup — cleansing 6X better than using just your hands. And when you remove more dirt and oil, skin not only feels softer, it looks healthier and more radiant too.

Of course you don't have to take our word for it, just ask one of the thousands of dermatologists that recommend it every day.

clarisonic®  
*The power to be beautiful.*



Available at Sephora, Nordstrom,  
Dillard's, Macy's, select physicians & spas.

[clarisonic.com](http://clarisonic.com)



# your biggest hair drama SOLVED!

When you've got a weird hair prob and you don't know who to ask, we have the answers. by molly ritterbeck



**try:** Ion I-Pak Infusion Vapor Dryer, \$70, sallybeauty.com

**PROBLEM:**

My *cowlick* won't let my hair lie flat. What do I do?

**SOLUTION: HIGH-TECH HAIR-DRYER**

Don't let your hair have a mind of its own! Train it to fall the way you want by pulling it taut with your brush and directing the blow-dryer nozzle down as you dry. This dryer is infused with argan oil so it will soften those stubborn hairs as it makes them behave.



**17 FYI** Your comb could cause breakage! Use a wide-tooth comb on wet hair to gently get the knots out.

**PROBLEM:**

I just noticed I have *dandruff*. Ew! Now what?

**SOLUTION:**

**A NEW SHAMPOO**

Scrub it out with a shampoo that contains flake-fighting pyrithione zinc—this one smells really fresh, like ocean air, so no one will even know you're using a special formula! Use it every other time you shampoo to keep the flakes away.

**try:** Suave Scalp Solutions Anti-Dandruff Invigorating Ocean Minerals & Aloe Vera 2-in-1 Shampoo & Conditioner, \$4, drugstores



**PROBLEM:**

My hair is *shedding* in the shower. What's the deal?

**SOLUTION: VOLUMIZING MOUSSE**

When clumps of hair clog your drain, don't stress. It's normal to lose 50 to 100 hairs a day! Fatten up the strands that stay with a thickening mousse. This one will make hair feel fuller and stimulate your scalp to encourage new growth.

**try:** Redken Intra Force Hair Densifier Thickening Foam, \$15, redken.com for salons



**PROBLEM:**

I have crazy frizzies that stick straight up from *breakage*. Help!

**SOLUTION: STRENGTHENING SPRAY**

If your hair is snapping off midlength, use an anti-breakage spray before heat styling or when pulling your hair back tight. It will build up your strands and give them extra elasticity so they don't break off.

**try:** Aussie Anti-Breakage Spray, \$5, drugstores







# BOBS

from Skechers.


Skechers will give a pair of new shoes to a child in need when you buy a pair of BOBS.



# MAKE A DIFFERENCE FOR KIDS. A of

also available at select

 **FAMOUS**  
footwear

 Designed in SOUTHERN CALIFORNIA



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**use sign language!**  
Instead of talking in terms of inches, point to exactly where you want your hair to fall.

## TRICKS FOR A GREAT CUT

### 1. find your face shape

♥ **HEART**

When your forehead is wider than your chin, you need lots layers that hang below the jawline to balance out your features.

○ **ROUND**

When your cheeks are as round as your forehead and chin, opt for long layers with volume on top (not the sides) to slim your face.

○ **OVAL**

When your face is long, try wispy bangs and short layers at your cheekbones to add pretty fullness.

□ **SQUARE**

When your jaw is as wide as your forehead, think sideswept bangs and layers that fall past the jawline to create soft curves.

### 2. work with your texture

Get a cut that makes the most of your natural texture—not one that fights against it. Got straight hair? Try blunt or wispy ends. If you're on the curly side, layers are key—they'll help avoid "pyramid head"!

### 3. get real

A complex cut may sound amazing, but think about the time and money you're willing to spend on upkeep. A cut that requires frequent trims or needs to be painstakingly styled daily can be a major commitment!

### 4. steal styling tricks

Ask the stylist to walk you through the styling process from start to finish: Take note of the products, tools, and techniques that she uses so that you can get the look at home.

## SNIP-TIONARY!



#### "choppy"

**TRANSLATION:** an uneven, extremely layered style that looks edgy. This is amazing on short to medium lengths.



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# SHORT



VANESSA HUDGENS

## a-line

**ASK FOR:** a style that's slightly longer in front and shorter in the back, which keeps it from looking boxy.

**STYLING TIP:** Dry hair smooth with a paddle brush, then pinch the ends with a pomade for piecey texture.

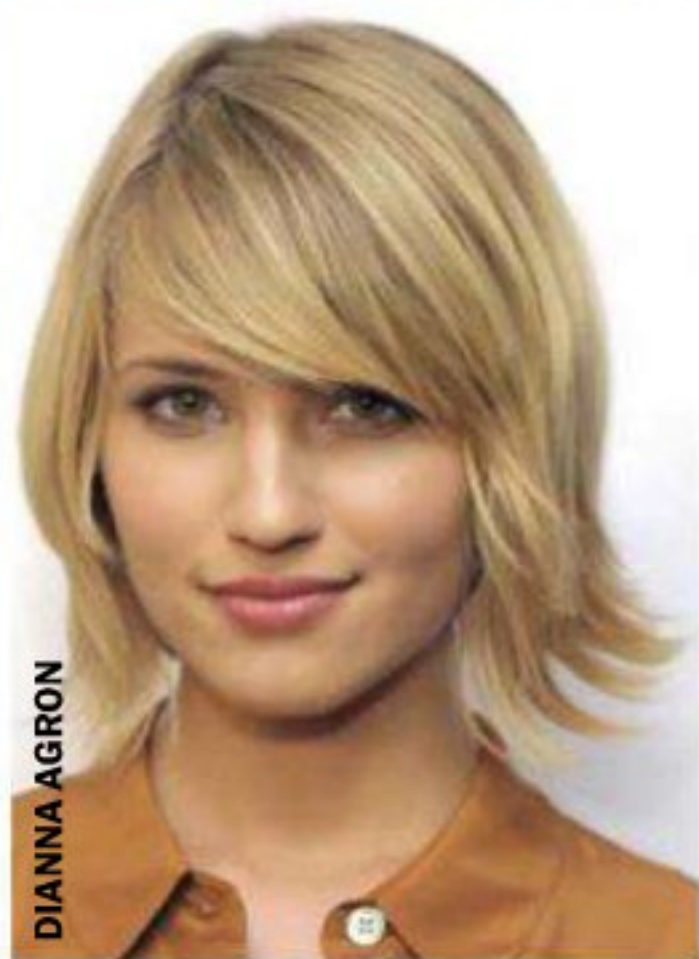


JESSICA STROUP

## tousled

**ASK FOR:** a short bob that grazes your chin, with soft, angled layers that start at the temples.

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DIANNA AGRON

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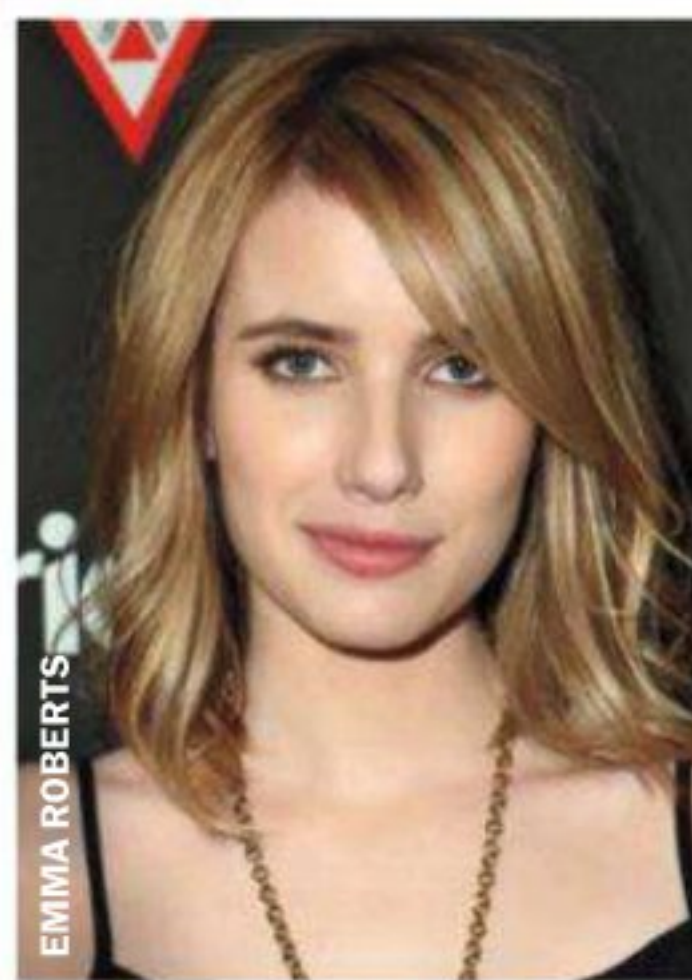
EMMA WATSON

## pixie

**ASK FOR:** a closely clipped cut with a slight shag and face-framing pieces all over.

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# MEDIUM



EMMA ROBERTS

## graduated

**ASK FOR:** a shoulder-length bob with thinned-out ends and long side-swept bangs that hit at the cheekbones.

**STYLING TIP:** Rake mousse through damp strands, flip your head over, and blow-dry hair upside down for a bit of oomph.



ASHLEY BENSON

## bedhead

**ASK FOR:** layers all around the head starting at the cheekbones for a bit of movement.

**STYLING TIP:** Use a curling iron on dry strands, and then tug on ends of each curl as it's cooling. This makes it more of a wave.



LUCY HALE

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**ASK FOR:** long thick layers that start about an inch below the chin.

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CHLOË GRACE MORETZ

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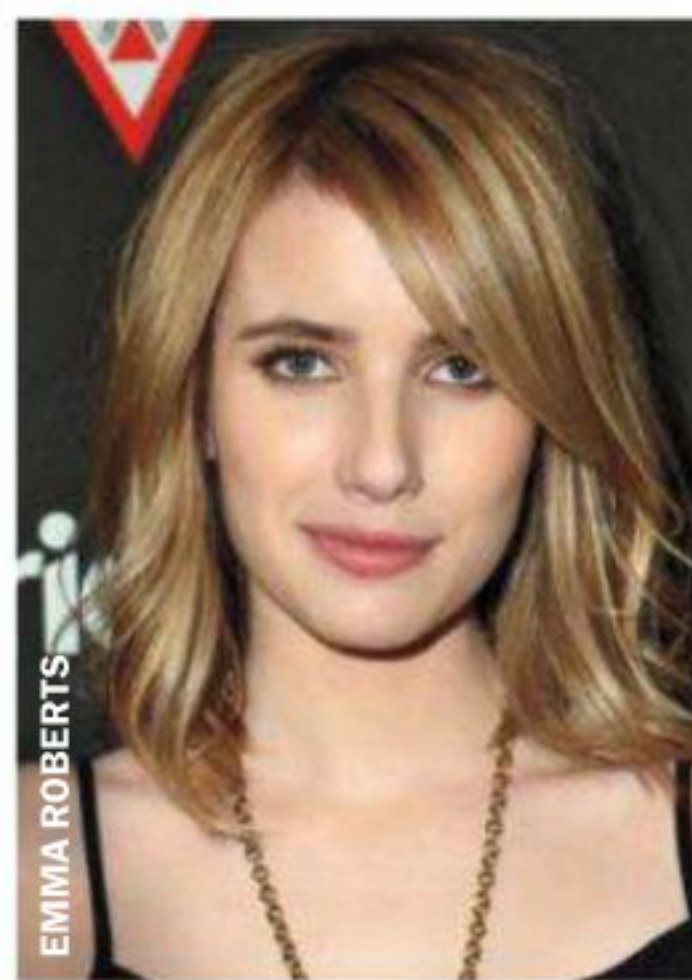
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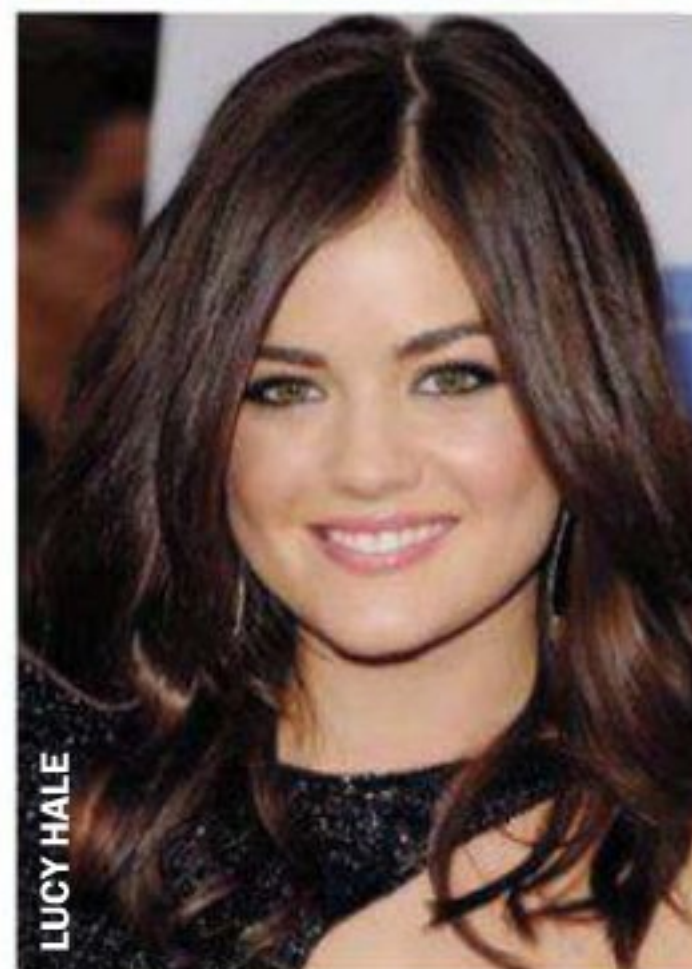


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# LONG



AMBER RILEY

## feathered

**ASK FOR:** sideswept bangs and lots of layers around the face.

**STYLING TIP:** Blow-dry, styling with hands instead of a brush, and then spritz on a texturizing spray for a tousled effect.



ZOOEY DESCHANEL

## heavy fringe

**ASK FOR:** a blunt cut and bangs to help make thin strands look as full and thick as possible.

**STYLING TIP:** Set your hair in hot rollers—they create big strong curls with bounce.

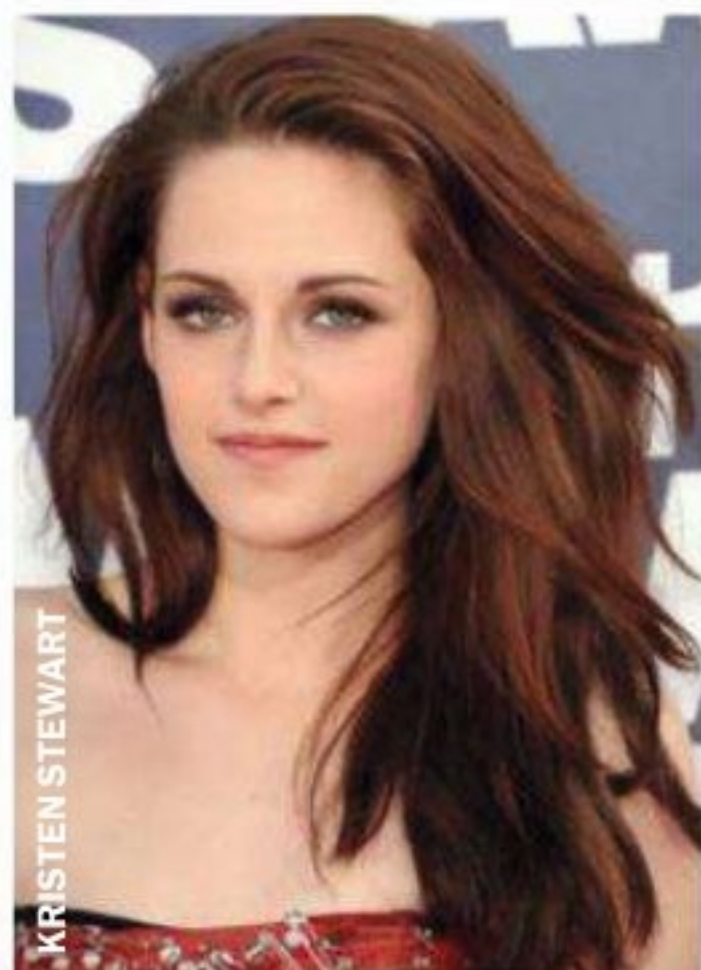


NAYA RIVERA

## side sweep

**ASK FOR:** long layers with a long side bang, which hits the face by the cheekbones.

**STYLING TIP:** Starting from the midshaft, use a curling iron to twirl two-inch sections away from your face.



KRISTEN STEWART

## flowing

**ASK FOR:** long layers with angles that start at the collarbone.

**STYLING TIP:** Spritz a body booster all over. Flip head upside down and blow-dry, smoothing hair with a paddle brush.

# SUPER-LONG



ELLE FANNING

## angled

**ASK FOR:** long gradual layers that are angled from the collarbone down.

**STYLING TIP:** Grip hair with a round brush and aim the dryer down (a nozzle attachment is key) to avoid flyaways.



VICTORIA JUSTICE

## mermaid

**ASK FOR:** a long cut with long layers. The front section is angled several inches below the collarbone.

**STYLING TIP:** For piecey ends, hold the clamp of a curling iron open and wrap hair around the barrel.



TAYLOR SWIFT

## wispy bangs

**ASK FOR:** long layers with piecey eye-grazing bangs that draw attention to your eyes.

**STYLING TIP:** If bangs are looking wonky, wet the roots and pull on them with your fingers as you blow-dry.



SHAILENE WOODLEY

## long layers

**ASK FOR:** long seamless layers that start four inches from the ends of hair.

**STYLING TIP:** For a super-sleek finish, flat-iron hair in one-inch sections. The smaller the chunks, the better the heat penetrates.



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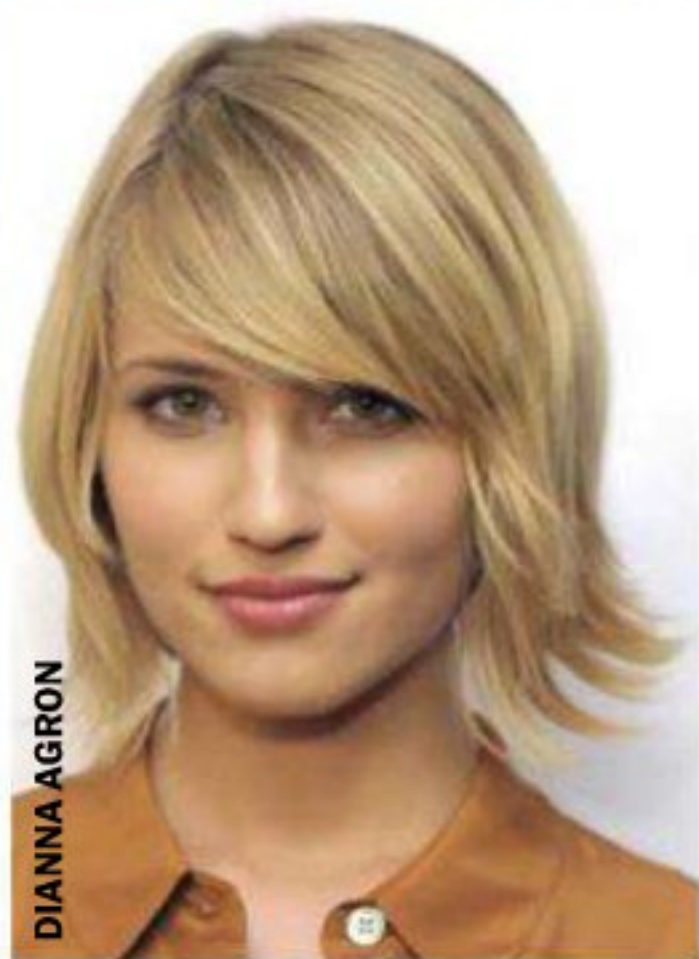


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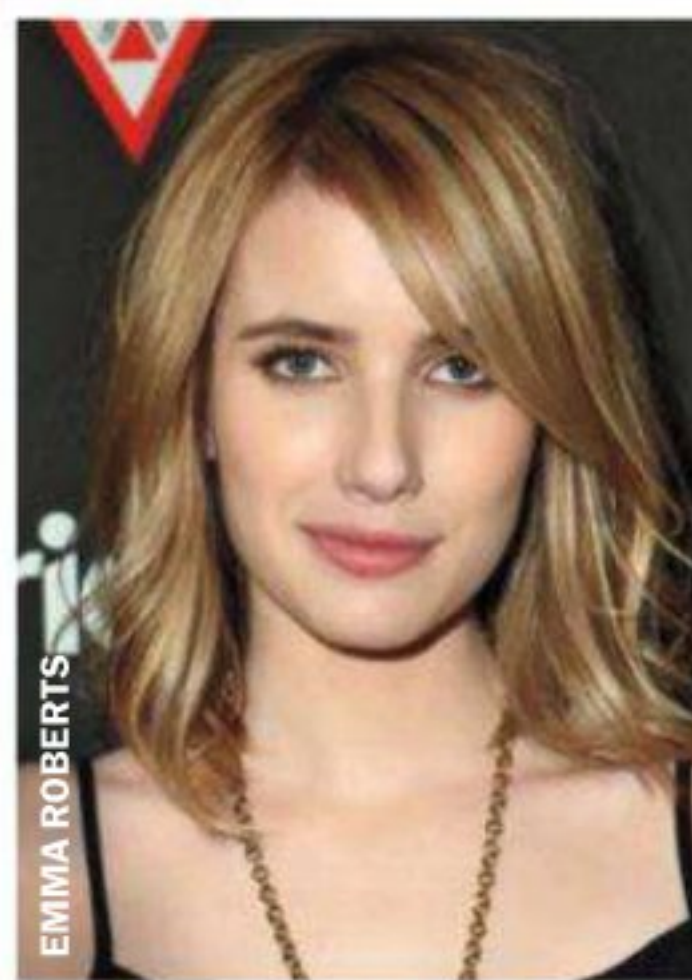
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# short & sweet!

A cropped cut doesn't lock you into just one look. Here's a week's worth of ideas—proof that you've got endless possibilities! by molly ritterbeck



monday

## FLIRTY FLIP

**HOW-TO:** Ease into your week with a soft style! Roll dry hair under with Velcro rollers, blast with a hair-dryer for a few minutes, and let cool. Unroll, bobby-pin one side back, and let the other side fall over your eye for an alluring effect.

**try:** Velcro Pink Gentle Stylers, \$5 for pack of six, sallybeauty.com; Bombshell Brunette Rubberized Bobby Pins, \$5 for pack of 10, folica.com

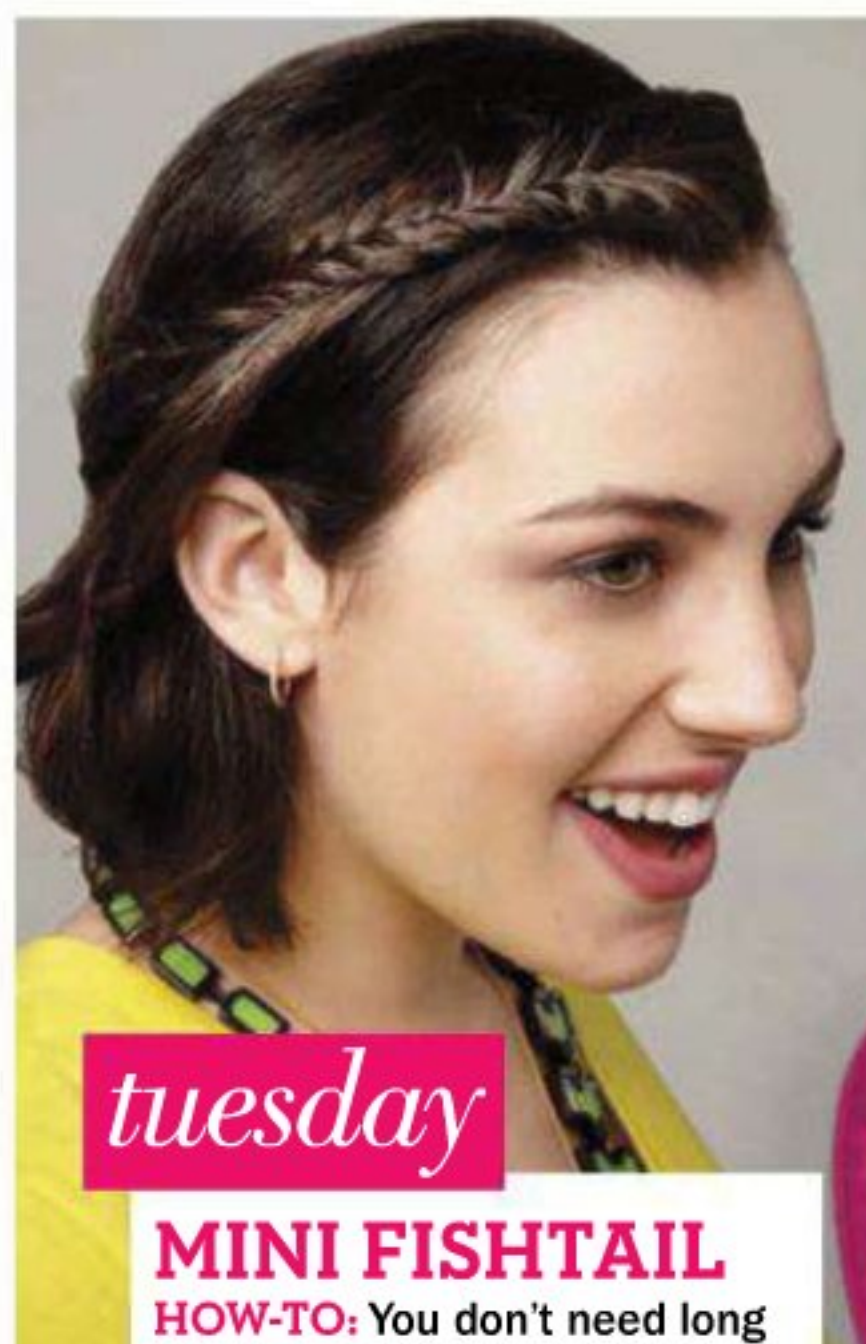


## SHE says

I was getting so bored with my hair and needed a major change! These styles gave me the confidence to show off my new short length & have fun with it!

—LEXI, 20

17 FYI:  
We cut off  
4 inches from  
Lexi's hair!

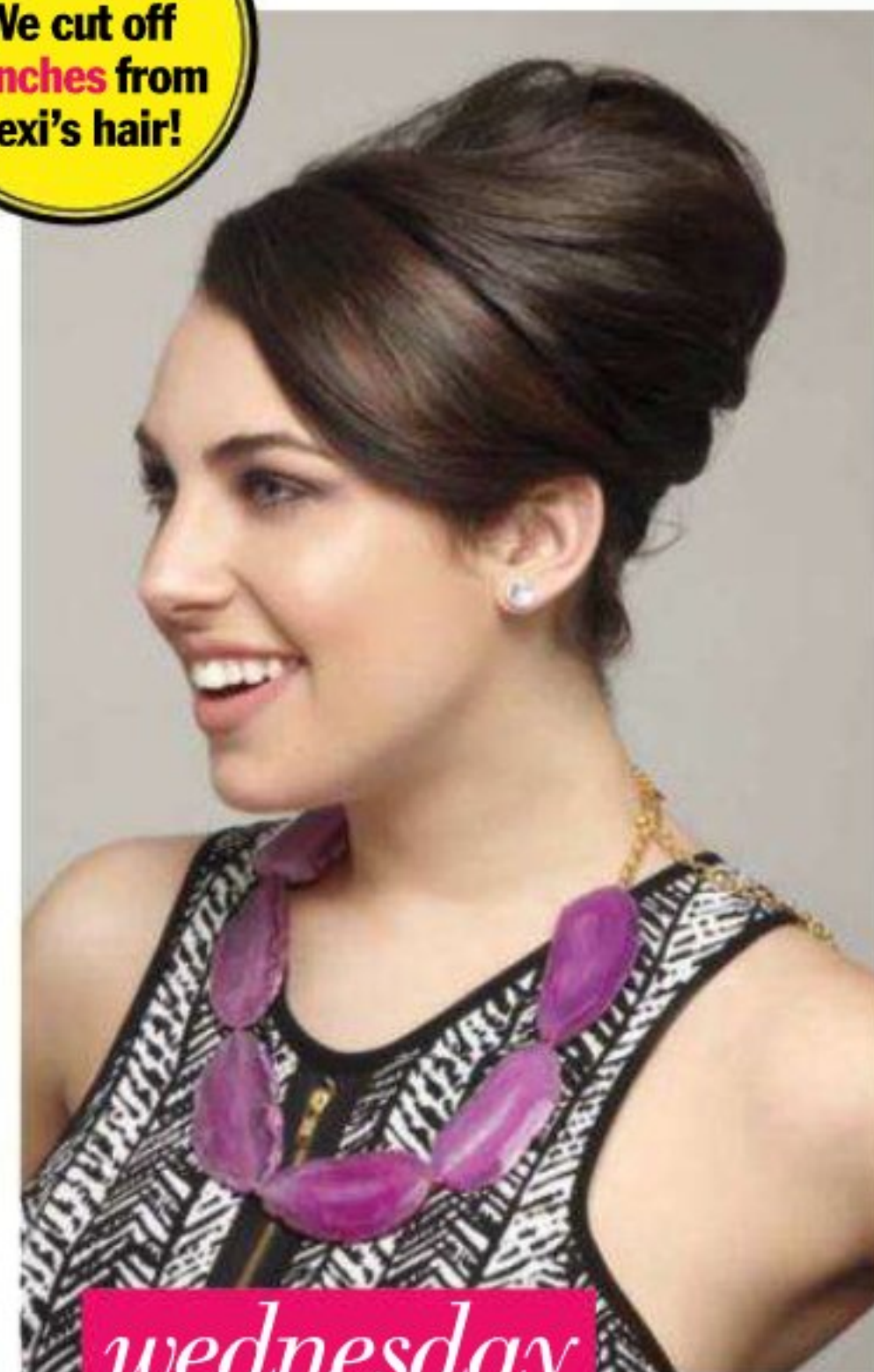


tuesday

## MINI FISHTAIL

**HOW-TO:** You don't need long locks for a killer braid! Pull hair from the front and apply a dime-size amount of texturizing paste to give the hair extra grip. Make a small fishtail braid (go to [seventeen.com/beautysmarties](http://seventeen.com/beautysmarties) for a how-to video!), then hide the ends under by securing with a bobby pin.

**try:** Redken Matte Sponge 05 Rugged Texturizer, \$18, redken.com for salons



wednesday

## RETRO BUMP

**HOW-TO:** Yes, you can rock an updo! Dress up your style by using a paddle brush to back comb all the hair at your crown, then French twist the ends in toward the back of your head. Pin into place and spritz back loose pieces with hairspray.

**try:** Sonia Kashuk Brilliantly Bold Hair Brush, \$13, Target stores; Dove Style+Care Strength & Shine Flexible Hold Hairspray, \$4, drugstores







*thursday*

### STRAIGHT & SLEEK

**HOW-TO:** A slick style shows just how smooth you really are. Flat-iron your hair, and then top it with a pretty beaded headband. Slide it on an inch past your hairline so your bangs fall out and frame your face.

**try:** PRO Beauty Tools Twilight Alice & Esme ¾" Ceramic Styler, \$10, twilightstylingtools.com; L. Erickson Melange Pearl Headband in Ice Plum, \$38, franceluxe.com



*friday*

### EDGY VOLUME

**HOW-TO:** Yesterday's sleekness makes this look so easy. Skip washing and just tease the top with a teasing brush and comb back. Use hairspray to lock in the lift and smooth down the sides.

**try:** Cricket Amped Up Purple Teasing Brush, \$6, folica.com



*saturday*

### SOFT WAVES

**HOW-TO:** Play up your shortest layers with loose tousled waves. Create them by wrapping small sections of hair around a 1" curling iron. When finished, flip head over and gently shake out curls for extra body.

**try:** Gold 'N Hot Professional 1" Ceramic Spring Curling Iron, \$35, belsonproducts.com



*sunday*

### TWISTED TEXTURE

**HOW-TO:** Sundays are all about zero stress, so try a fuss-free style that you can set and forget! Spritz your hair with a spray gel to add texture, then twist random sections back and pin each one with mini hairpins.

**try:** Sebastian Professional Volupt Spray, \$20, sebastianprofessional.com for salons; Conair Mini Bobbyes, \$3 for pack of 50, drugstores



# ULTIMATE

Shop your way to a great hair day! These life-



## STRAIGHTENING SERUM

It's like a salon treatment in the comfort of your home! Get super-straight strands by applying from roots to ends and rinsing after 30 minutes. Blow-dry and then flat-iron to set in a sleek style that will last up to 30 washes.

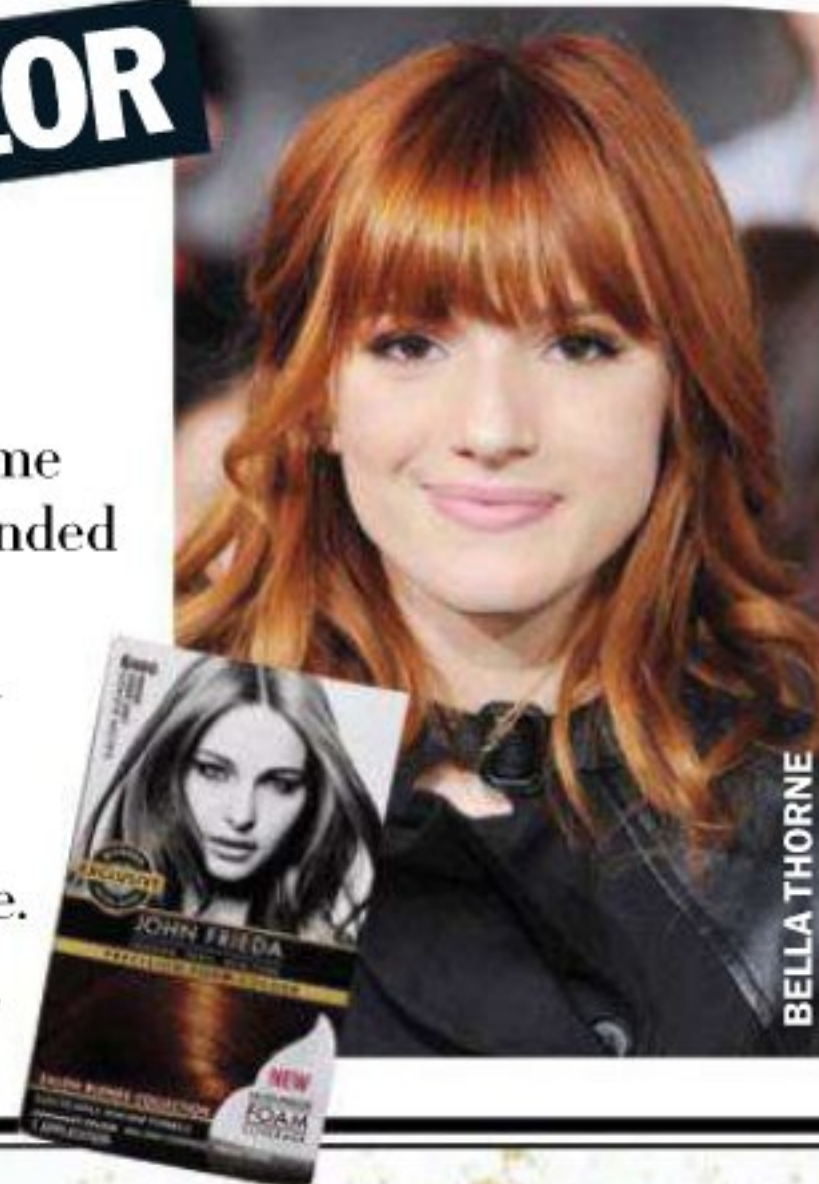
**try:** Bumble and Bumble Concen-Straight Smoothing Treatment, \$45, Sephora stores



## EASY COLOR

Get deluxe color without a pricey service! This at-home hair color is preblended by a professional colorist so you get a shade with a ton of dimension for a fraction of the price.

**try:** John Frieda Precision Foam Color Salon Blends in Light Amber Brown, \$13, drugstores



## VOLUMIZING DRY SHAMPOO

This is the secret to perfect second-day hair—the brush makes it so simple to apply right to greasy roots for instant lift. Plus, the colored powder blends in and won't leave you with an icky white residue.

**try:** Keratin Complex Volumizing Dry Shampoo Lift Powder For Blondes, \$35 for 9 oz., keratincomplex.com



## BRIGHT STREAKERS

Go for a pop of neon like Selena with a brush-in and wash-out color!



**try:** Splat Washables in Electric Blue, \$7, Walmart stores



## PONY BLING

These super-stylish hair ties double as cute metallic bracelets! Stack them up on your wrist (or in your hair) for a totally on-trend statement.

**try:** Goody DoubleWear 2-in-1 Ponytailers, \$6 for set of three, Target stores



## FRIZZ FIGHTER

Get a flyaway-free style without weighing down your strands. This two-part shake is a serum suspended in water so it absorbs right in when applied to damp hair—no oil slick!

**try:** John Frieda Frizz-Ease Sheer Solution, \$10, drugstores





# HAIR HAUL!

changing products are hitting stores right now! by molly ritterbeck



CHLOË

## SOFT & SHINY

For silky, touchable hair, spritz in a leave-in treatment with nourishing fruit oils. They penetrate deep to repair every strand to the core but are light enough to use every day!

**try:** Garnier Fructis Triple Nutrition Nutrient Spray, \$6, drugstores

## SWEET SMELLS

For hair that smells so yummy (and looks good, too!), use a scented conditioner and let it set for a few minutes while the shower steam deep conditions your hair!

**try:** Organix Conditioners in Rejuvenating Cherry Blossom Ginseng, Healing Mandarin Olive Oil, and Fortifying Lavender Soymilk, \$7 each, Target stores



KAT GRAHAM

## WAVE MAKER

Give your do a little dose of glam with this hair-setting kit. Wind your hair around the pin, and then secure with a heated clip. Let cool and unwind for amazing volume and texture.

**try:** TopStyler, \$100, ulta.com



## COOL TOOL

Throw in the towel and let this multitasking brush do all the work to dry your hair! It has mega-absorbent microfiber bristles that soak up extra water to shrink your blow-dry time.

**try:** Goody QuikStyle Paddle Brush, \$12, Walmart stores



## SPIRAL IRON

Create perfect, springy curls with an iron that makes it easier than ever! It has a handy corkscrew guide to keep your curls tangle-free and a conelike barrel for natural shape.

**try:** Conair You Spiral Curling Iron, \$40, drugstores



## CURL POWER

Want envy-inducing curls without a stiff or crunchy feel? Try an ultra-rich curl cream: This one is loaded with vitamins and keratin, so you can repair damaged hair while you're styling.

**try:** Hair by Tippi Shorter Curl Cream, \$16, hairbytippishorter.com



ANNA SUI

## SHIMMERING HIGHLIGHTS

It's just like makeup for your hair! Comb this mineral-based color mousse in where you'd want highlights to go—it's super-gentle yet leaves your hair with a subtle hint of shiny color.

**try:** Alterna Stylist 1 Night Highlights in Shimmering Blonde, \$29, sephora.com





# tricks for your texture

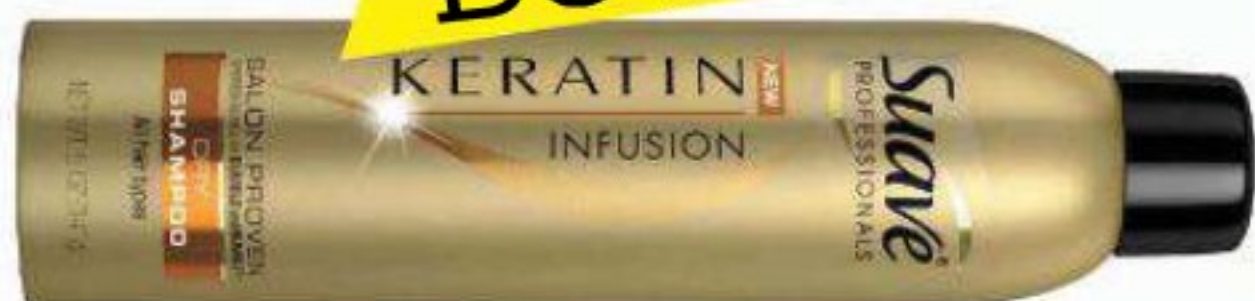
Some products are worth the \$\$\$\$—  
but sometimes you can take matters into  
your own kitchen! by tomoko takeda



**think big!**

Every girl could use a little volume. Suds up with a clarifying shampoo once a week for style that soars!

## BUY it



### dry shampoo

**WHY:** Straight hair is prone to greasies, so sop up oil and add instant volume by spritzing a little dry shampoo onto your scalp. Massage it in with your fingers, then brush out.

**try:** Suave Professionals Keratin Infusion Dry Shampoo, \$4, drugstores

## straight

## DIY it

### sugar mist

**WHY:** To instantly fatten up skinny locks, mix 2 tsp brown sugar and 1 cup warm water in a spray bottle. Shake well and mist damp hair from roots to ends. Style as usual.



### cream styler

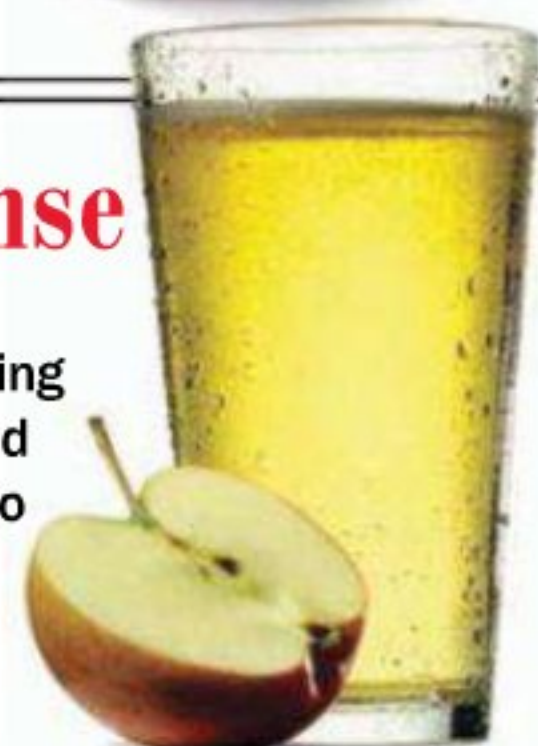
**WHY:** To make your waves look lush and defined, warm a walnut-size amount of lightweight cream in your hands and run through your hair from midshaft to ends.

**try:** Dove Style+Care Frizz-Free Shine Cream-Serum, \$4, drugstores

## wavy

### apple juice rinse

**WHY:** Wavy hair can look dull, so boost shine by soaking hair in 1 part apple juice and 2 parts lemon juice. Apply to freshly washed hair, leave in for a minute, then rinse.



### anti-frizz serum

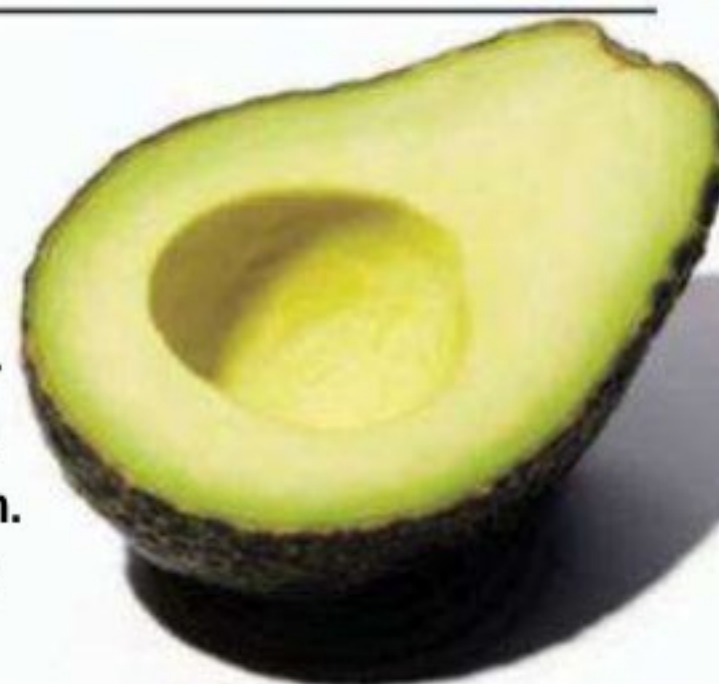
**WHY:** Keep frizz at bay by sealing the cuticle: Coat damp curls with a nickel-size dollop of dry oil, then let dry. Don't touch afterward! Overhandled curls will get frizzier faster.

**try:** Organix Hydrating Macadamia Oil Dry Styling Oil, \$8, drugstores

## curly

### avocado mask

**WHY:** Curls need a ton of moisture, so coat hair with a mashed avocado and a dab of sour cream. Leave in for 20 minutes, and then rinse.



### conditioning butter

**WHY:** Relaxed hair is prone to breakage, so keep locks soft and hydrated with moisture-rich shea butter. Massage it into hair and scalp after you shampoo and rinse out.

**try:** Motions Hair and Scalp Daily Moisturizing Hairdress, \$5, drugstores

## relaxed

### witch hazel treatment

**WHY:** Relaxers can irritate the scalp, making it flaky and itchy. For fast relief, soak a cotton pad in witch hazel and gently dab onto your scalp.



**try:** Dickinson's Witch Hazel Pore Perfecting Toner, \$5, Walgreens

**17 EXPERTS:** Jenny Cho, a celebrity hairstylist based in Los Angeles, CA; Ursula Stephens, celebrity hairstylist based in New York, NY; Helen Ambrosen, Lush product creator and cofounder.





Discover the Secret for Beautiful Hair.



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**Shampoo's** exclusive micro-enriched protein formula cleans and fortifies with moisturizers and emollients leaving hair soft and shiny.

**Conditioner** fortifies and nourishes hair and scalp. Keeps hair tangle free, soft and manageable for styling.

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# health



## THE BEST MOVES

FOR YOUR

BODY!

Join Team Seventeen now to flatten your abs,  
tone your legs, and boost your butt with a  
workout that's personalized for *your* shape!



## YOUR WORKOUT:

Do this workout three times a week, starting with **20 minutes of cardio**, and then repeat your strength circuit (a set of each move in order) **three times**.

# transform *you*

When it comes to fitness, one size (and workout)

## SIDE PLANK TWIST

Kortney, 15, is a cheerleader and dancer!

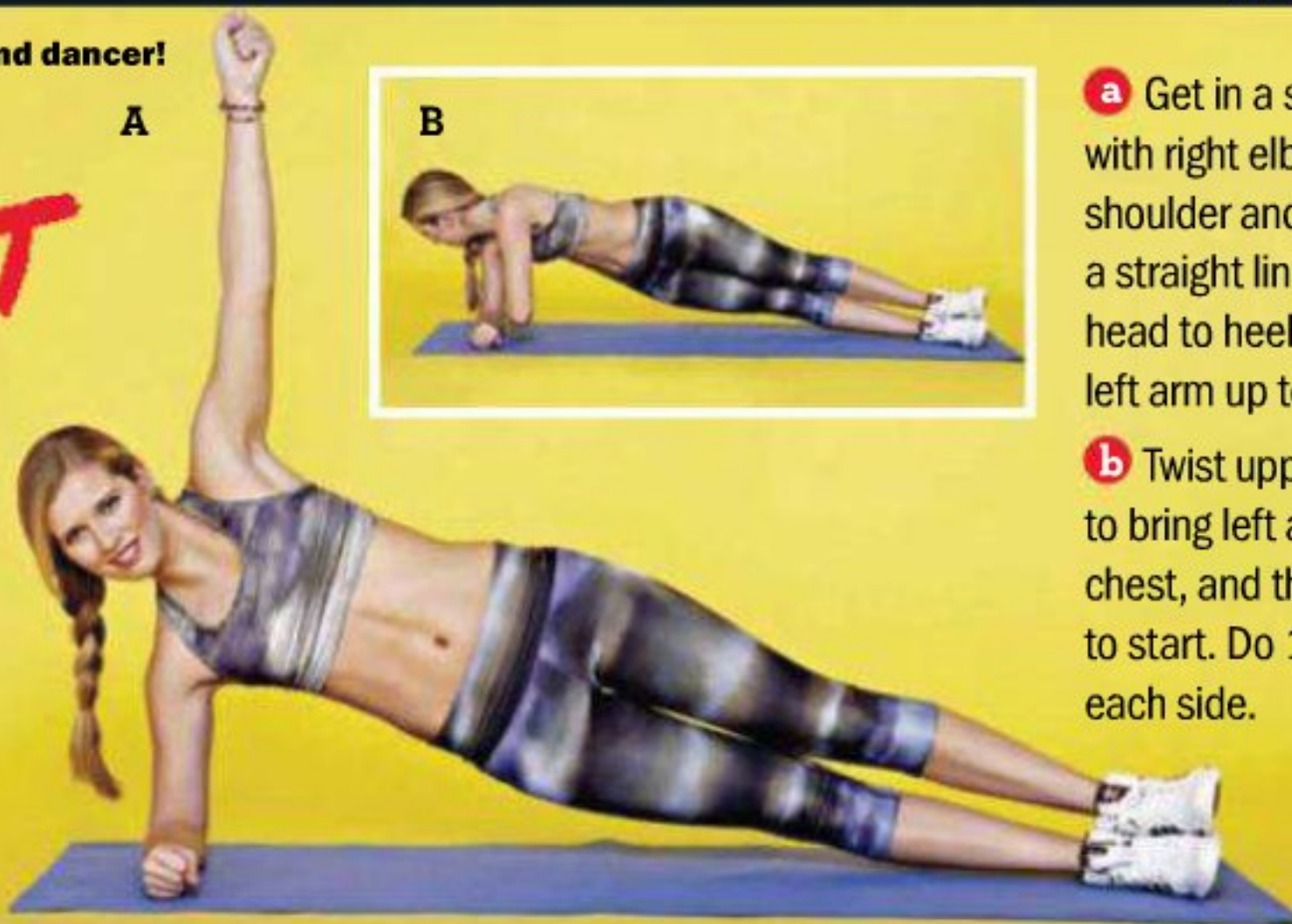
IF YOUR BODY IS:

**STRAIGHT**

get toned + defined

A

B

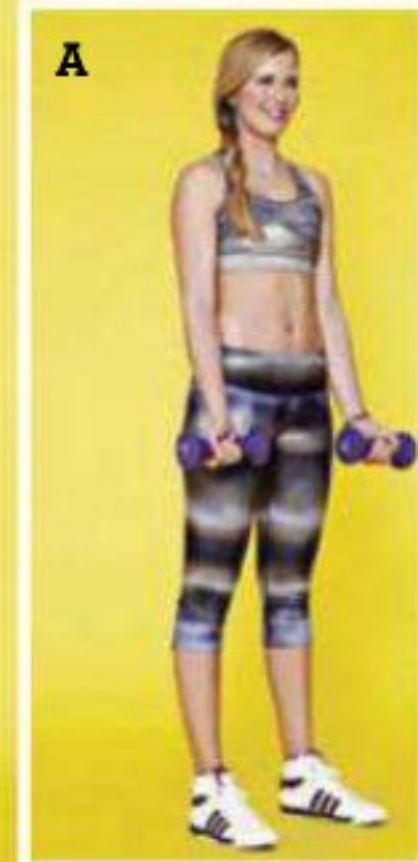


defines your waist

- a** Get in a side plank with right elbow under shoulder and body in a straight line from head to heels. Extend left arm up to ceiling.
- b** Twist upper body to bring left arm under chest, and then return to start. Do 10 reps on each side.

## WALKING LUNGE

A



## FRONT-SIDE SHOULDER RAISE

Brooke, 18, is a cheerleader!

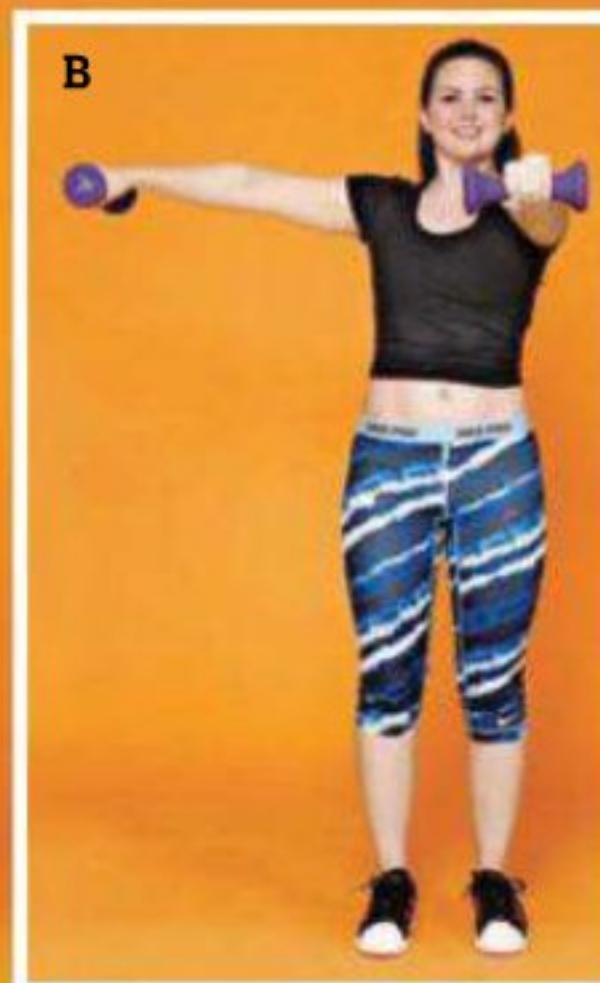
IF YOUR BODY IS:

**HOURLGLASS**

get tight + firm

A

B



tones shoulders

- a** Stand with feet hip-width apart and arms at sides, holding 5-lb. dumbbells.
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## STABILITY BALL

A



- a** Lie on your back with knees bent, feet flat on the floor, and legs extended straight out.

## MARCHING HIP BRIDGE

Joann, 16, is a varsity swimmer!

IF YOUR BODY IS:

**ATHLETIC**

get long + lean

A

B

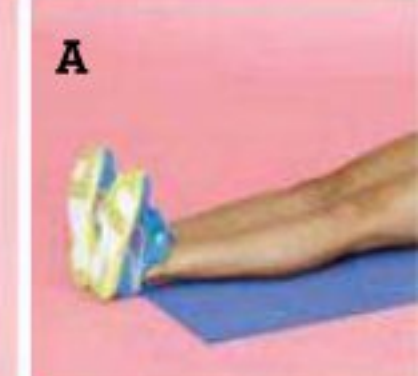


lengthens legs and tones butt, back, and abs

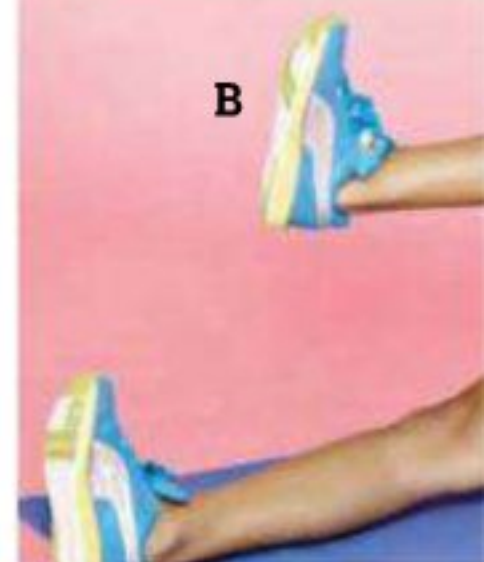
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## ELBOW-TO-KNEE

A



B





# health



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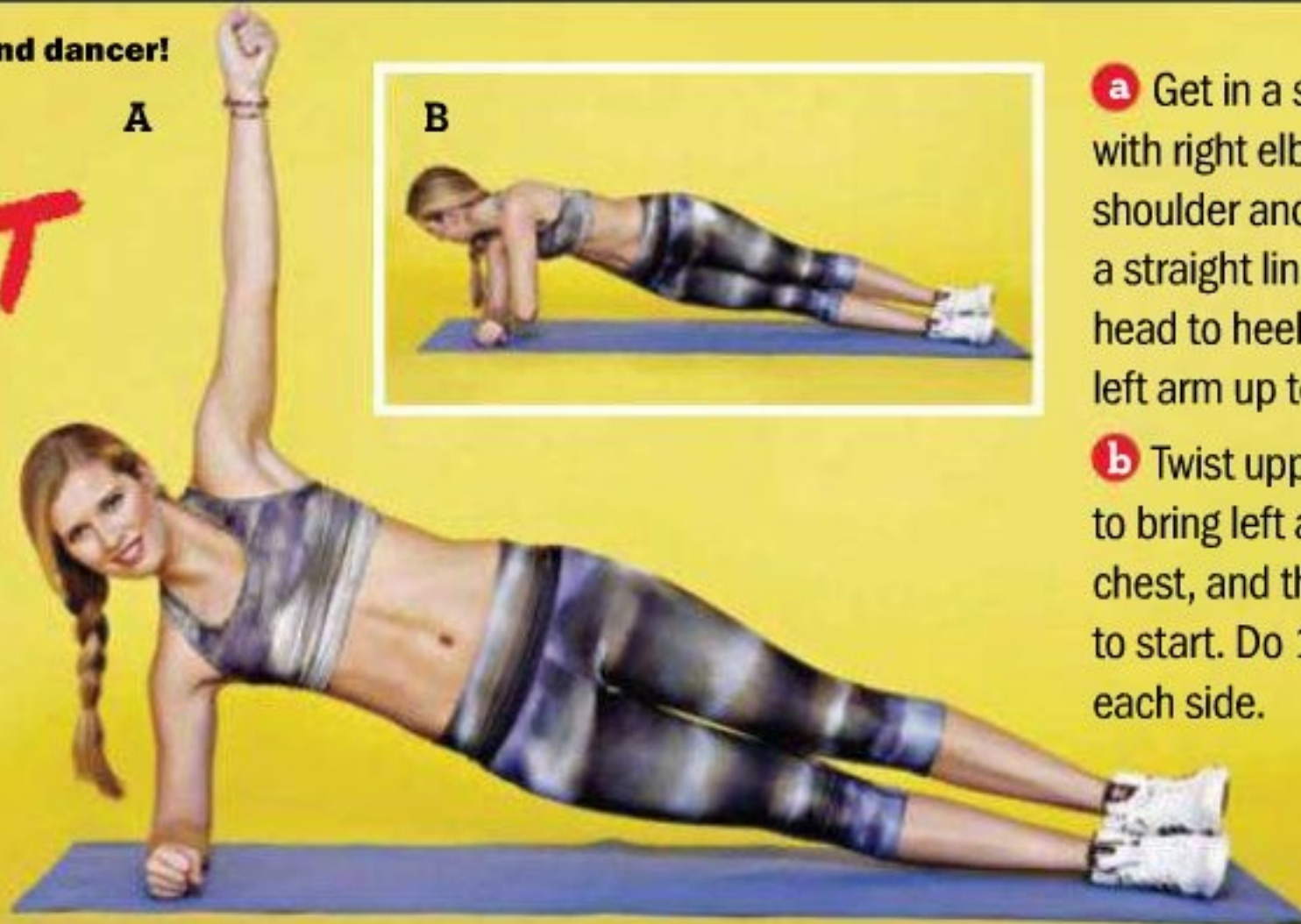
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get toned + defined

A

B

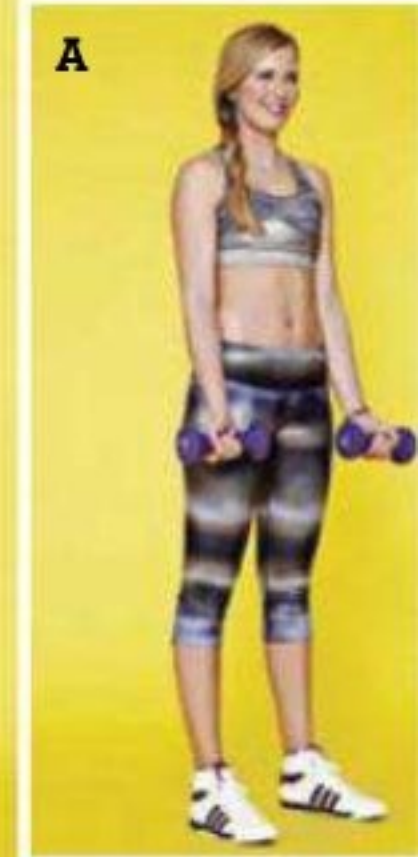


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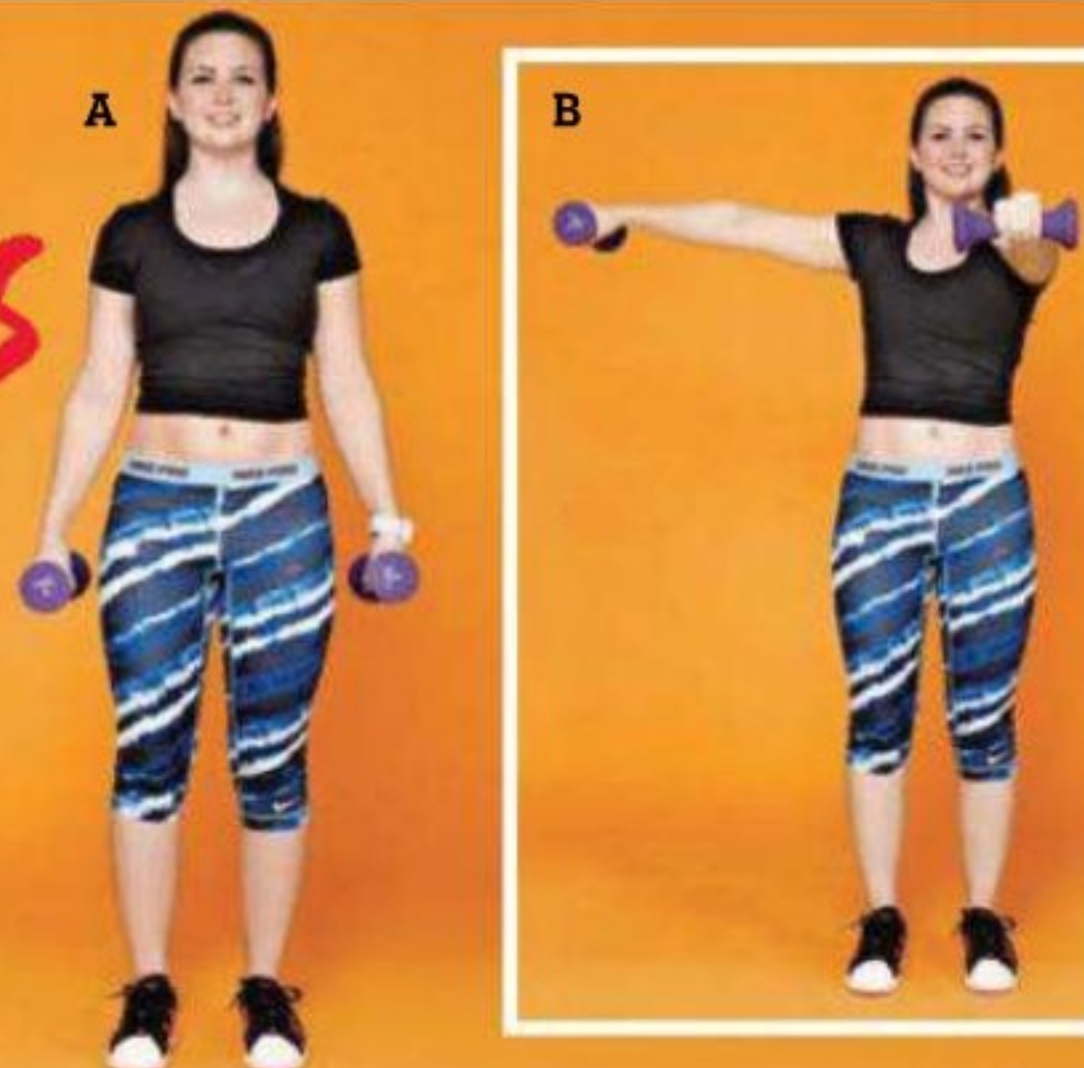
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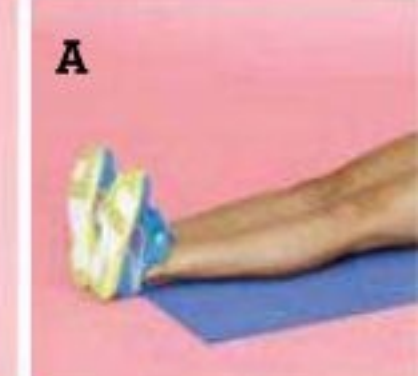


lengthens legs and tones butt, back, and abs

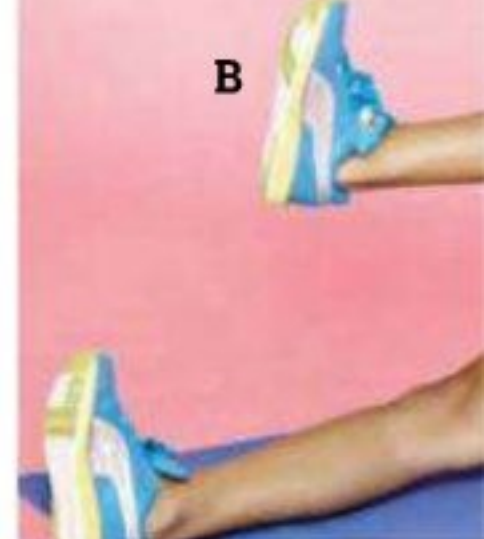
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## ELBOW-TO-KNEE

A



B



TEAR OUT HERE!

Find more issues at [magazinesdownload.com](http://magazinesdownload.com)



Customize your cardio with tips from A



# your body—in 3 moves!

) doesn't always fit all. So tighten and tone where it matters.

## LUNGE WITH BICEPS CURL

tones your legs and arms



- a** Stand with your arms at sides, a 5-lb. dumbbell in each hand, and palms facing forward.
- b** Step into a lunge with right foot, then bend arms to bring weights to shoulders. Moving forward, push off right heel to return to standing position, then repeat on other side. That's one rep. Do 10.

## DUMBBELL SQUAT TO PRESS

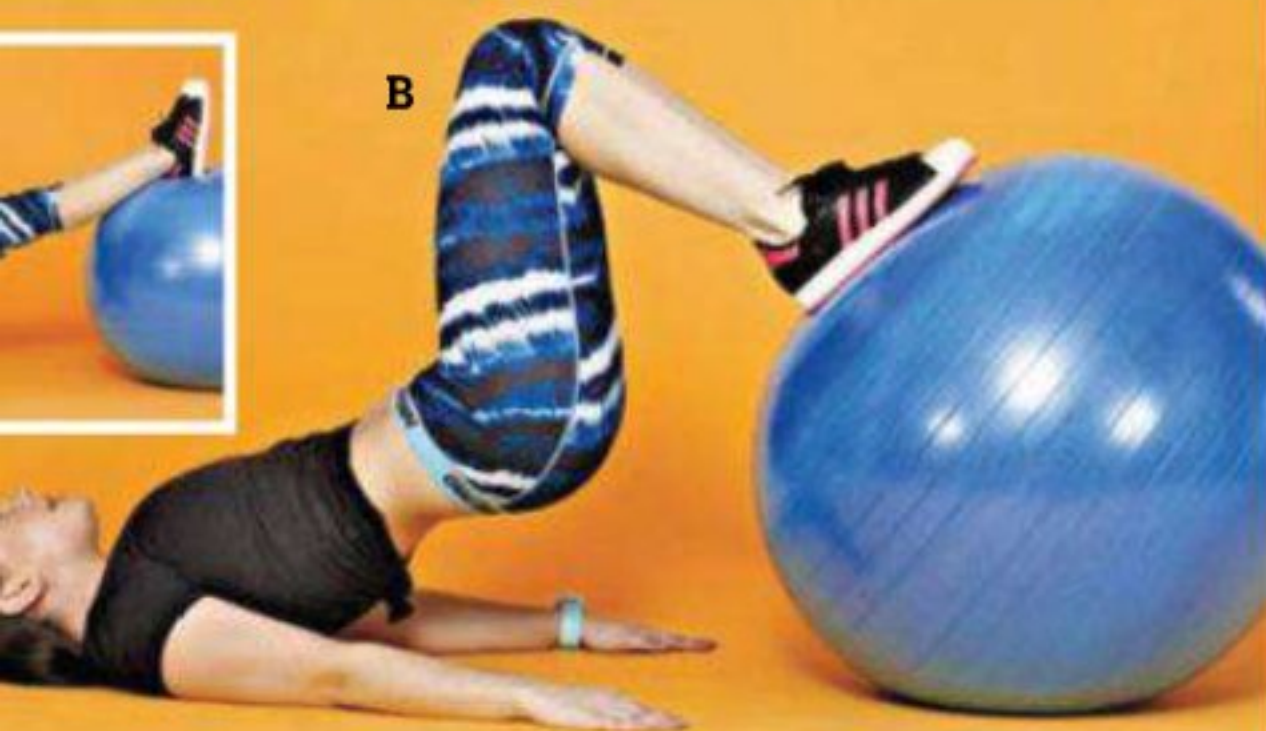
boosts your butt and shapes your shoulders



- a** Stand with feet slightly wider than hip-width apart, holding dumbbells at your shoulders. Bend knees to lower into a squat, until thighs are parallel to ground.
- b** Stand up, and as you do, push weights overhead until arms are straight. Return to start. Do 10 reps.

## GLUTE LEG CURL

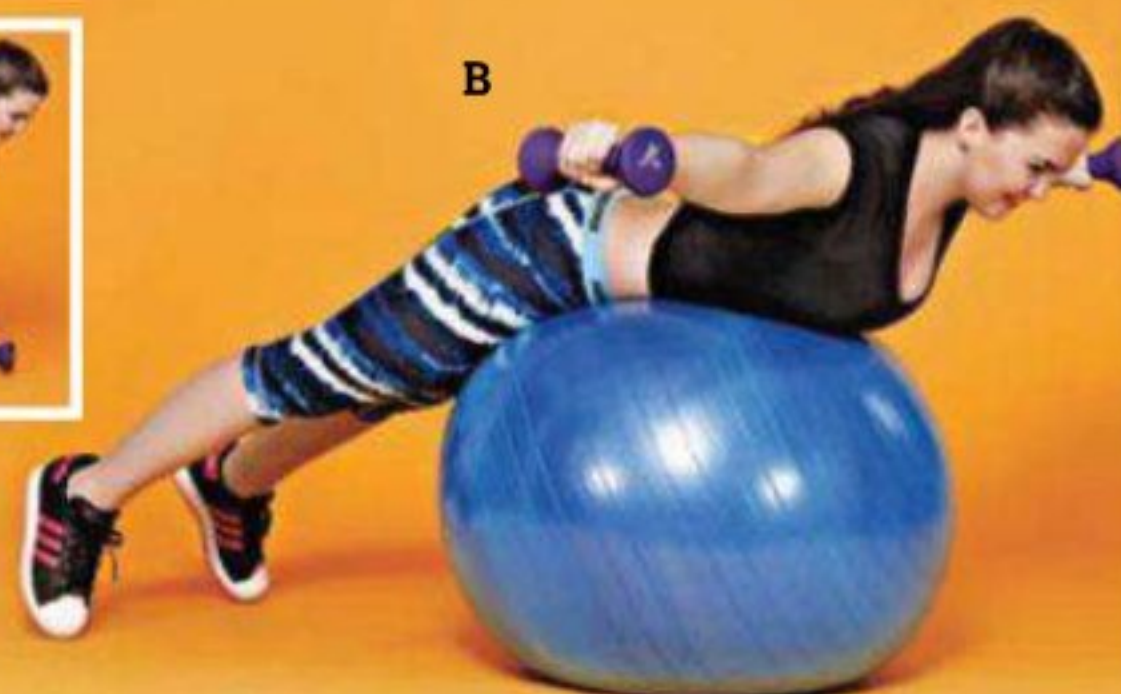
firms thighs, butt, and tummy



- a** Lie flat on back with arms at your sides, feet on a stability ball, and legs straight out.
- b** Squeeze abs and dig heels into ball to roll it toward your butt, then straighten legs to roll ball back to start. Do 10 reps.

## STABILITY BALL REVERSE FLY

tightens back, tummy, and shoulders



*TIP: Squeezing your shoulder blades together as you lift the weights will tone your back!*

- a** Lie with legs straight and torso on the ball. Hold 5-lb. dumbbells and let arms hang straight down from shoulders.
- b** Lift arms up and out to the sides, stopping at shoulder level. Slowly return to start. Do 15 reps.

## KNEE CRUNCH

flattens abs and defines waist



*TIP: Don't pull with your hands!*

- a** Lie flat on back with hands behind your head. Use abs to lift head, neck, and shoulders off ground.
- b** Crunch abs and bend left leg, bringing right elbow to left knee. Return to start, then repeat on other side. That's one rep; do 30.

## INCHWORM PUSH-UP

lengthens legs & tones arms, shoulders, and chest



- a** Stand, then slowly bend at waist to put hands on floor, keeping legs as straight as possible.
- b** Walk hands out inch by inch, until you're parallel to the floor and do a push-up, then walk hands back to start. Do 10 reps.



# health



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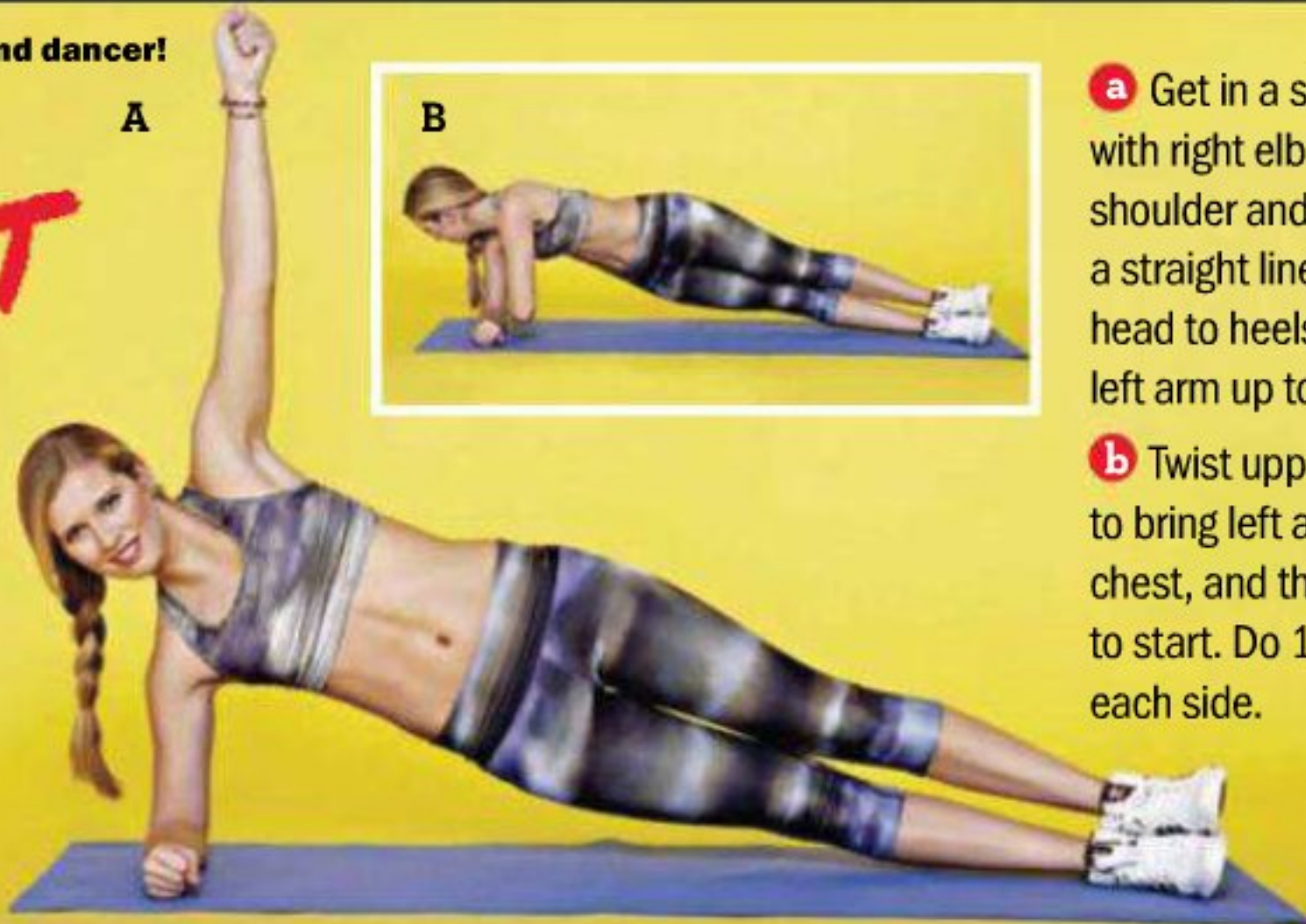
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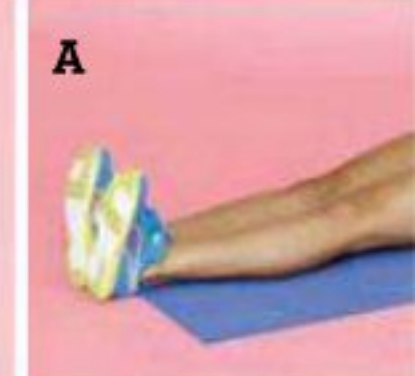


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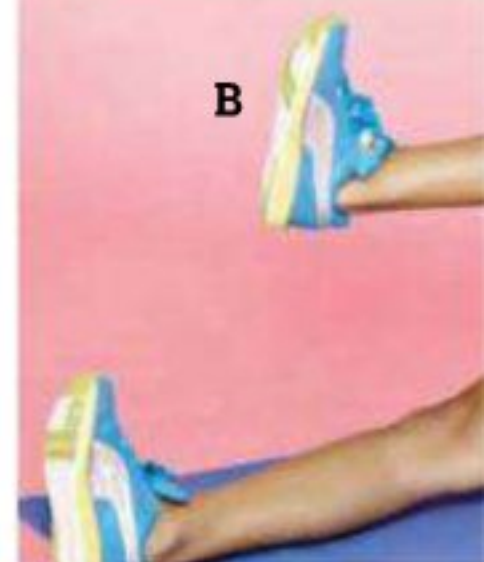
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## ELBOW-TO-KNEE

A



B





# checkitout!

SWEEPSTAKES • EVENTS • PROMOTIONS

## Gift-With-Purchase from Olay

Be one of the first 100 readers to purchase any 3 Olay products and send your receipts to *Seventeen*, and we'll send you a \$15 iTunes® gift card. Send your Olay receipt(s) along with your name, address, phone number, and email address to: *Seventeen*, Olay Promotion, 300 W. 57th Street, 17th Fl., NY, NY 10019.



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## Seventeen's Confidence Confidential Contest Winner

Congratulations to Julia from AL, winner of *Seventeen's* Confidence Confidential contest, in partnership with **Secret Mean Stinks** and **Venus Embrace**. We love her winning confidence tip: *"Believe it or not, a great way [to] gain confidence is to compliment others. It not only makes the person feel good, but it makes you feel good. Finding beauty in others lets us discover the beauty in ourselves."*



## Lancôme Trésor Midnight Rose Contest Winner

Congratulations to Sara from CT—the Lancôme Trésor Midnight Rose contest winner—on winning a \$2,000 shopping spree and a Lancôme makeover. Check out Sara's winning paparazzi pic here, and be sure to log on to [Lancome-usa.com](http://Lancome-usa.com) to find spring's beauty and fragrance must-haves.



## Massive Scandal!

Introducing **SCANDALEYES** mascara by Rimmel London. For lashes so big, it's almost criminal. Huge MaxDensity brush captures every lash, with 3x more Collagen and Keratin\*. If you're going to cause a scandal, it might as well be massive.

\*Versus Volume Flash The Max



## Dillard's TXT2WIN Prom Event

- For one day only, March 24, visit any Dillard's Junior Dress Department and receive a code to text via your mobile phone to *Seventeen*.
- The first 750 girls to text the code will win a *Seventeen* and Dillard's custom shoe bag. Code available in-store only. No purchase necessary. Standard text message rates apply.
- Also, with any regular-price prom dress purchase, receive a FREE gift from Clinique at Dillard's and schedule a free makeover for your prom day! (Gifts available while supplies last.)



**Dillard's**  
The Style of Your Life.

## NYC New York Color Sweepstakes Winner

Congratulations to Kendra from NC—the "Campus Cool Sweepstakes" winner—on scoring a \$5,000 college scholarship from New York Color and *Seventeen*.

Make sure to check out [Newyorkcolor.com](http://Newyorkcolor.com) to see all the must-have makeup essentials that will get you on-campus glam without breaking the bank!

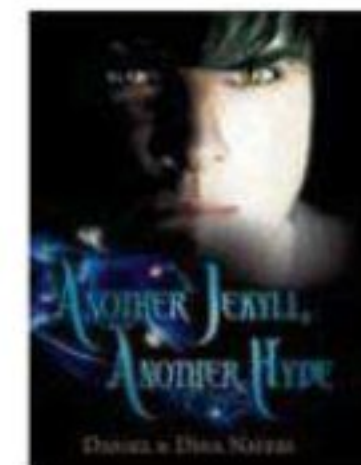


## Another Jekyll, Another Hyde by Daniel and Dina Nayeri

In the third and final book of the *Another* series, an elusive stalker is targeting the Marlowe kids, and something unearthly has gotten into its wealthiest student.

For a chance to win one of 15 sets of all three *Another* books, email [AnotherSeries@candlewick.com](mailto:AnotherSeries@candlewick.com) for details.

[Candlewick.com/anotherjekyll](http://Candlewick.com/anotherjekyll)



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This refreshingly unique formula contains maximum-strength acne medicine to powerfully treat breakouts and blackheads. The bonus? While it's clearing up your skin, 100% naturally derived grapefruit delivers an instant pick-me-up.

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## Seventeen Social Club

*Seventeen* is looking for our top social networkers to join the exclusive *Seventeen* Social Club. As a member, you could...

- Receive FREE products to try and share your thoughts with your social network
- Get VIP access to cool events in your area
- Receive the inside scoop on discounts and special offers
- Appear in the pages of *Seventeen*

Tell us why you should be part of the *Seventeen* Social Club at [Seventeensocialclub.com](http://Seventeensocialclub.com)!







# Love

**QUIZ  
BLOWOUT!**

**MIND-BLOWING**

# LOVE

# SECRETS

# REVEALED!

Want a crystal ball for your romantic future? Grab your Sharpie—these quizzes will tell all! by elisa benson



QUIZ  
BLOWOUT!

# HOW HOT IS YOUR HOOKUP?

Sure, your moves are good—but are they *on fire*? The Hot Guy Panel tells you which tricks turn up the heat.

seventeen  
**HOT GUY**  
PANEL!

✓  
Check off  
the moves  
you've  
mastered!



“The first time you kiss, you **barely touch his lips**—just enough to give him a tiny bit of temptation.”  
—MAT, 19

“When you’re flirting, you tell him exactly what you want, like: ‘**Just kiss me already!**’ Then he knows for sure that you want him, too.”  
—KENDALL, 19

“You pull away for a minute and **kiss his neck**. That’s the kind of move that makes me tingle all over.”  
—JOHN, 17

“You **bite his lip gently** and wrestle tongues. Playfulness is extremely sexy!”  
—MAC, 21

“You pause to **run your hands through your hair**. It’s like an invitation for your guy to touch it, too.”  
—CRAIG, 20

“At the end of the kiss, you **look deep into his eyes**, as if you’re replaying every moment.”  
—MORGAN, 16

“You spice it up: **Scratch his back a little**, or just **graze your hands** all over his body.”  
—JUSTUS, 18

“You use your hands to **pull his head toward you**, as if you want to bring him as close as possible.”  
—HECTOR, 18

**SIZZLEMETER!** Tally up how many techniques you’ve tried.

**0–2:**

You’re just warming up! Remember that even super-simple moves (like putting your hand on his chest) will have major impact.

**3–5:**

Find small ways to make basic kisses more exciting—like by suddenly switching up the pace. He’ll love the surprise factor!

**6–7:**

You’ve conquered the basics; now break the rules! Try keeping your hands off each other so all the focus is on your lips. Hot!

**8:**

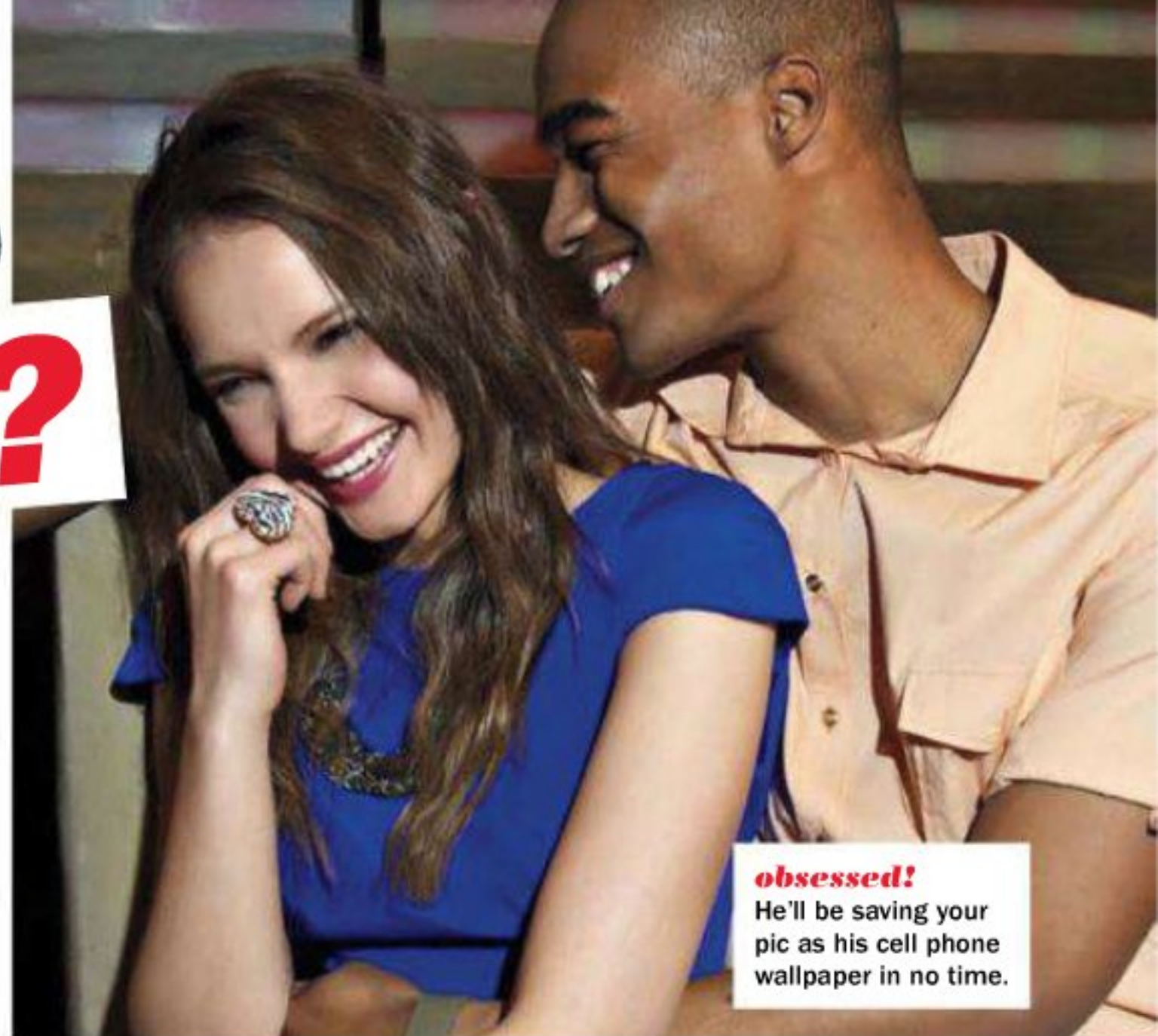
You’re a top-notch kisser—but pulling out every move in the book can seem like you’re trying too hard. Stick to what feels natural!



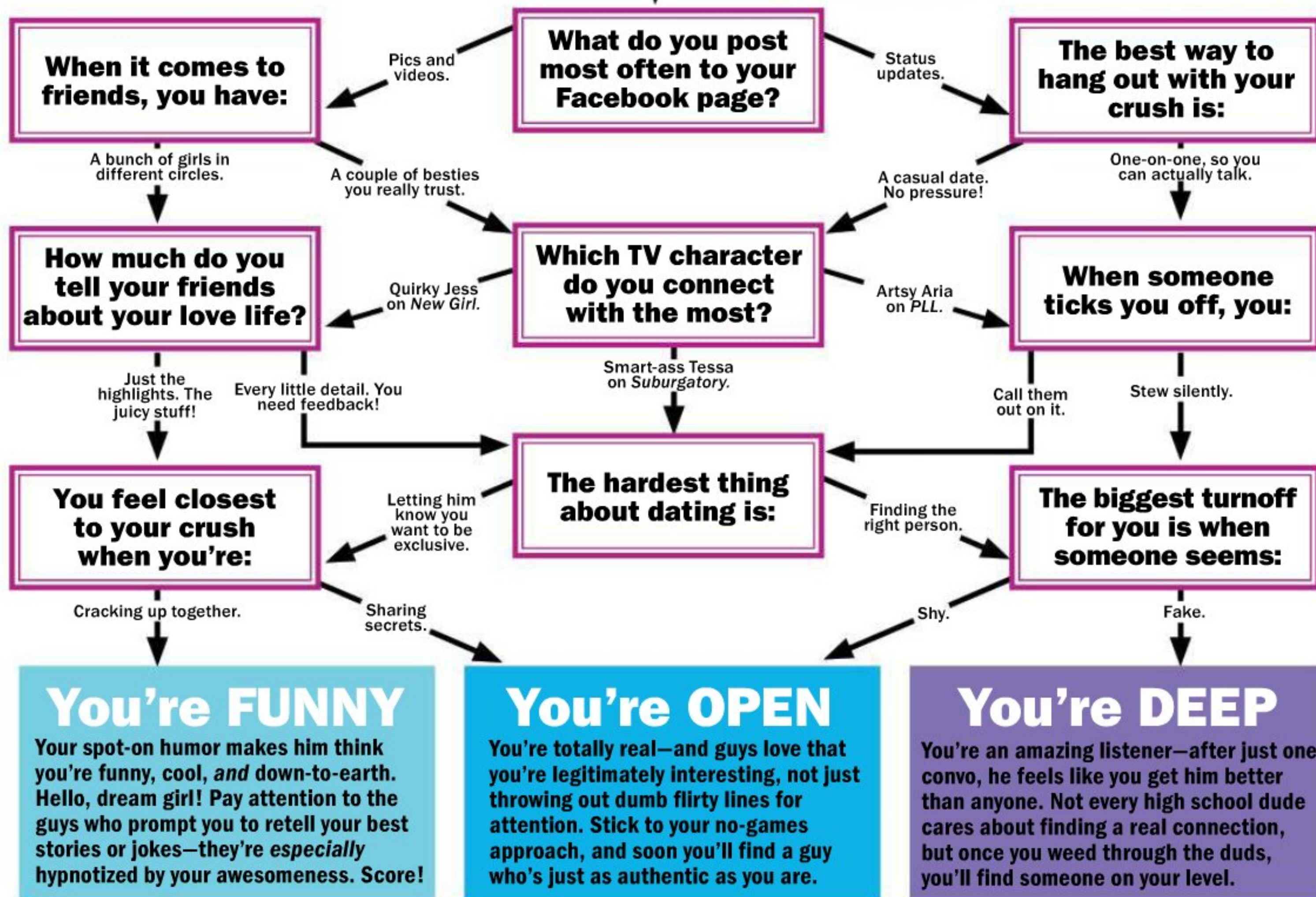
# what makes you so IRRESISTIBLE?

You've got a secret sauce that guys go crazy for. Find it, then use it!

**START HERE:**



**obsessed!**  
He'll be saving your pic as his cell phone wallpaper in no time.



MINI QUIZ!



## which lips draw you in?

His pucker reveals everything about his personality.



**FULL LIPS**

He's intense, in a good way—the kind of dude who'll stay up chatting with you all night.



**THIN LIPS**

What secrets lie behind those lips? This mysterious guy keeps his true self hidden.



**THIN UPPER, FULL LOWER**

He's generous and affectionate but secretly insecure—so show him that you care just as much.





**QUIZ  
BLOWOUT!**

# is he **FEELING IT** OR **FAKING IT?**

Some guys act super-lovey, then disappear. Find out if *your* fling will last.

Check the statements that apply:



He holds your **hand**.



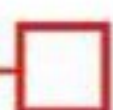
He holds your **hand (and your bags)**.



He looks at you **lovingly**.



He looks at you **crazily**.



He walks **in front of you**.



He walks **next to you**.



He **takes** pics of you two.



He **sends** you pics of himself.



He's obsessed with his **hot ride**.



He's fine with a low-key **subway ride**.

mostly orange:

**he's feeling it!**

Love is in the details, and a guy who finds small ways to be romantic (hauling your stuff!) or remembers your conversations from three weeks ago isn't just looking for a random hookup—he's zeroed in on *you*. You're on the road to a relationship. Enjoy it!

mostly red:

**he's faking it!**

A guy who comes on strong fizzles out fast. Sure, his fancy dates and mushy texts catch your attention, but is he paying attention to *you*? If his moves seem weirdly impersonal, like he's pulling them out of some "Relationship Rule Book," he's not committed for real.

martin johnson & ashley tisdale

matt prokop & sarah hyland

hayden panettiere & scotty mcKnight

andrew garfield & emma stone

nick jonas & delta goodrem

ian somerhalder & nina dobrev

annalysie mccord & pics of dominic purcell

ryan good & ashley benson

vanessa hudgens & austin butler

ashley greene & reeve carney

TISDALE: RIV/FAMELYNET PICTURES; STONE: TEACH/FAMELYNET PICTURES; HYLAND: ANDY KROPA/GETTY IMAGES; PANETTIERE: RAMEY PHOTO; JONAS: HELLMUTH DOMINGUEZ/PACIFICCOASTNEWS.COM; BENSON: JD PHT BX & MCGM/SPLASH NEWS; DOBREV: PNP/WENN.COM; MCCORD: FAME PICTURES; HUDGENS: SWAP/SPLASH NEWS; GREENE: SPLASH NEWS.



# IS YOUR LOVE HISTORY HOLDING YOU BACK?

You think your last guy is old news—but he could *still* be screwing up your love life.

## START HERE:

- ☐ You still **text your ex** but not constantly like before—more like once a week.
- ☐ You know which friends **keep in touch with your ex**, and you can't help hitting them up for info sometimes.
- ☐ Every time you flirt with someone new, you automatically **compare him to your last BF**.
- ☐ When you see your ex flirting with another girl at a party, you **get a little pang of jealousy**—but you'd never tell anyone.
- ☐ When you **realize you have a reason** to text your ex (like your missing hoodie *must* be at his place), you're secretly excited.
- ☐ You're convinced that all guys **break hearts, lie, cheat, etc.**
- ☐ You've told your ex that it's okay for you guys to **talk about other people you're dating**, now that you're on friendly terms.
- ☐ If you know **you'll see your ex**, you think through what you'll say, just to make sure you get it right.
- ☐ You wish you could **just hurry up and get to college**. A change in scenery is the only way you'll truly get over your relationship.
- ☐ You still **have all your old text** and chat conversations with your ex, but you haven't even thought about looking at them in ages.
- ☐ Every time you go to a place where **your ex hangs out**, you feel hyper-aware of the possibility of running into him.
- ☐ You've **openly dissed your ex**. People deserve to know what he was really like.

mostly sky-blue:

### MOVE ON!

You may have broken up, but your ex is still a major presence in your life. You don't have to stay so friendly—giving yourself a fresh start is not only okay but also smart and gutsy.

mostly blue:

### CUT HIM OFF!

Finding reasons to talk (and hook up) with your ex drags out breakup pain. For every setback, do one thing to move forward (i.e., texting someone new). Take it one step at a time.

mostly purple:

### CHILL OUT!

You're so blinded by heartache, you wouldn't see a new guy right in front of you! Channel your anger into something positive: Write songs, launch a blog. It's a fast way to move on.



**ex factor**  
Taylor Swift is the queen of turning failed relationships into music gold!

MINI  
QUIZ!

## write this note...

as if you're signing your crush's yearbook:  
*Have a great summer! XOXO*  
What does your handwriting reveal about your love vibe?

large bubbly  
letters

You love to be the center of attention . . . and need a dude who lets you shine.

small squished letters

You're dreamy, sensitive, and in touch with your feelings. A sucker for romance!

handwriting that  
trails upward

You're an optimist with major flirting confidence. Work it!

handwriting that  
trails downward

You tend to be on the shy side, so make sure he knows you're interested.

bold writing

You put everything out there! Just be aware that TMI can turn him off.

faint writing

You're the cautious type. Make it your goal to take one big love risk this year!



# Life



**after-party**  
The mess took almost a whole day to clean up.

**“one text turned  
into the house party  
from hell!”**

A girls' night with no parents and no rules was exactly what Julia, 15, needed! But one little lie almost destroyed her house. as told to ashley mateo



I wasn't supposed to have a party. I was *supposed* to stay at a friend's house. But as soon as my mom told me she'd be out of town for a night, I knew I was going to invite a couple friends over. Schoolwork was piling up, and I was willing to risk a little punishment to let loose. So on a Friday night last December, my best friend, Sophia, and three other girls came over. We were just sitting around gossiping when our friend Michael texted to ask if he and his friends could come hang out. We didn't usually chill with them outside of school, but I knew they'd be fun. We got dressed up cute in sequin tops, since guys were on their way. We were excited to blast music and dance all night—just silly fun!

## girls' night gone wild

Around 11 P.M., a few other people started showing up, too, saying they were Michael's friends. We were having a blast so I let them in, figuring since they were friends of my friends—why not? I could handle a few extras. But 20 minutes later, big groups started pouring in without knocking. I found out Michael had texted my address to his *entire* contact list, and they were forwarding it to total strangers! Guys were lugging in alcohol and setting up beer pong on the dining room table. Sophia and I don't even drink! Most were upper classmen I didn't recognize, but a few of my friends were there, too, so I felt weird kicking some people out and not others.

By 12:30 A.M., though, the party was just getting wilder. I got this weird feeling—like, *What* kind of people are in my house? People I've never seen before were sprawled out on my furniture, and guys who weren't even from my school were ransacking my cabinets for alcohol. The music was so loud, it blew out the speakers! I was freaking out that a fight or something worse was going to happen.

## losing control

I had no idea how to manage all these people in my house. In a total panic, I

called a friend who had stayed away. She said I had to call the cops, but I knew I'd get in huge trouble if my mom found out. Even Sophia was like, "You have to do *something*." But I didn't know *what* to do. Out the window, I could see cars full of people coming up the street. By then there were *already* about 100 people. I had lost total control over this party. . . . Then, the police showed up.

**“Guys were lugging in alcohol and setting up beer pong!”**

## party's over

Three cops knocked around 2 A.M., and I was so scared my whole body was numb. As I went to answer the door, people hid or ran out the back door—even my friends. "Is your mom home?" they asked. I said no, and they told me a neighbor had complained about the noise. We had to get people out, or I was going to get majorly fined. I was relieved—then I got mad, shouting, "Everybody needs to leave! I'm not getting in any more trouble." Seeing the cops had scared people, so finally someone turned off the music and Sophia and I were able to get most of the people out.

## busted

I really thought I could get away with it. I cleaned *everything*, and even managed to get the stains out of the rug. In my mind, there was no way my mom would ever know. But my neighbors ratted me out—an e-mail about the party went out to the entire neighborhood! My mom flipped and I had to confess. I couldn't believe how stupid I'd been to get caught up in such an out-of-control party. I was grounded for weeks, and my mom tells me flat-out she doesn't trust me.

The worst part is that now people see my house as the go-to party spot, despite the fact that I got in so much trouble. They keep asking when the next



**reply all**  
Julia (left) and Sophia had no idea what they were in for when they answered Michael's text.

party is—I say never again. I hate that I was so taken advantage of by people I didn't know. I feel used. It started out all fun and games, but one person can cause a lot of damage—he or she sends your address to a hundred people, who send it to a thousand, and then it's out of your hands. I put everything on the line for people just looking for a place to party. **17**



## WATCH WHO YOU INVITE!

No serious crimes or injuries occurred at Julia's party, but these events became all-out riots!

### ■ IT TOOK A WHOLE DAY TO SHUT DOWN!

Nearly **4,000 people** RSVP'd to a Colorado apartment complex's annual back-to-school pool party. In the end, four people were arrested and almost a dozen ended up in the hospital.

### ■ COPS SHOWED UP IN RIOT GEAR!

When word got out about a block party hosted by James Madison University students, more than **8,000 people** came. Over **200 cops** were needed to keep the peace after people started throwing beer bottles and lighting dumpsters on fire.

### ■ 15,000 PEOPLE RSVP'D!

A 16-year-old in Germany forgot to mark her birthday party as private on Facebook, and **RSVPs skyrocketed**. She canceled and notified the police, but about **1,500 people** still came to her house bearing alcohol, gifts, and cake.



# EASY MONEY

## is money *hiding* in your wallet?

Stuffed between your punch cards, scan tags, and ticket stubs could be cash and savings you didn't even know you had! by ashley mateo



### atm card

You think you won't spend money if you don't have it on you, but then you end up hitting the ATM again and again. That could zap more than \$150 in fees from your bank account. (That's a whole new outfit!) Stick to once-a-week withdrawals at your regular bank.

### 17 TIP!

Keep a list of the top five things you're saving for in the front of your wallet. Every time you feel like buying something, you'll pause and think, Do I really need this, or would I rather save my money?

**TOP 5** ♥  
1. bikini  
2. iPad!  
3. prom dress  
4. car  
5. cute wedges

### cash

Using cold hard cash actually helps you save money! You're less likely to part with it when you have to count it out bill by bill versus quickly swiping a debit card.

### prepaid card

Avoid overdraft fees (banks charge up to \$35 if you accidentally take out more money than you have) with a card like the SpendSmart Prepaid MasterCard—your parents load it and you can check your balance via text.

### receipts

Customer-satisfaction surveys sound boring, but if you fill out a quick online survey for your fave store (the link is usually at the bottom of your receipt), you can snag real discounts. Victoria's Secret PINK offers \$10 off \$50 on select receipts and Express offers 15 percent off every time you fill one out!

### student ID

That embarrassing photo card isn't just good during school hours—flash it at J.Crew, Charlotte Russe, and Urban Outfitters and you could knock 10 percent or more off your total purchase. Cha-ching! (Pssst: It can't hurt to ask everywhere else!)

### credit card

If you're going to use credit, pick a card that rewards you, like BankAmericard or Chase Freedom. (Under 21? Cosign with Mom and Dad.) You can earn anywhere from 1 to 10 percent back—so ask your parents to put big important purchases like that new MacBook for school on your tab to rake in the points.

wallet  
Coach



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seventeen's  
**FRESHMAN**  
**15**

# your college *bucket list*

Sure, you'll take new classes and join new clubs. But these moments make your first year truly memorable!

## BE A SUPER-FAN!

"When I went to my first college football game, every person in the stadium was decked out in school colors—I felt this amazing sense of community. Even if you're not into the whole school spirit thing, trust me: When you're away from home for the first time, it feels good to know you're still a part of a family!"

—brea, UNIVERSITY OF MISSOURI

## START A PRANK WAR!

"At the start of our first finals period, my roommates and I were really stressed out—so just for fun, we decided to prank some friends on our floor. We crept into their room and filled it with crumpled newspapers, cracking up the whole time. College gets overwhelming—you have to find ways to just let loose!"

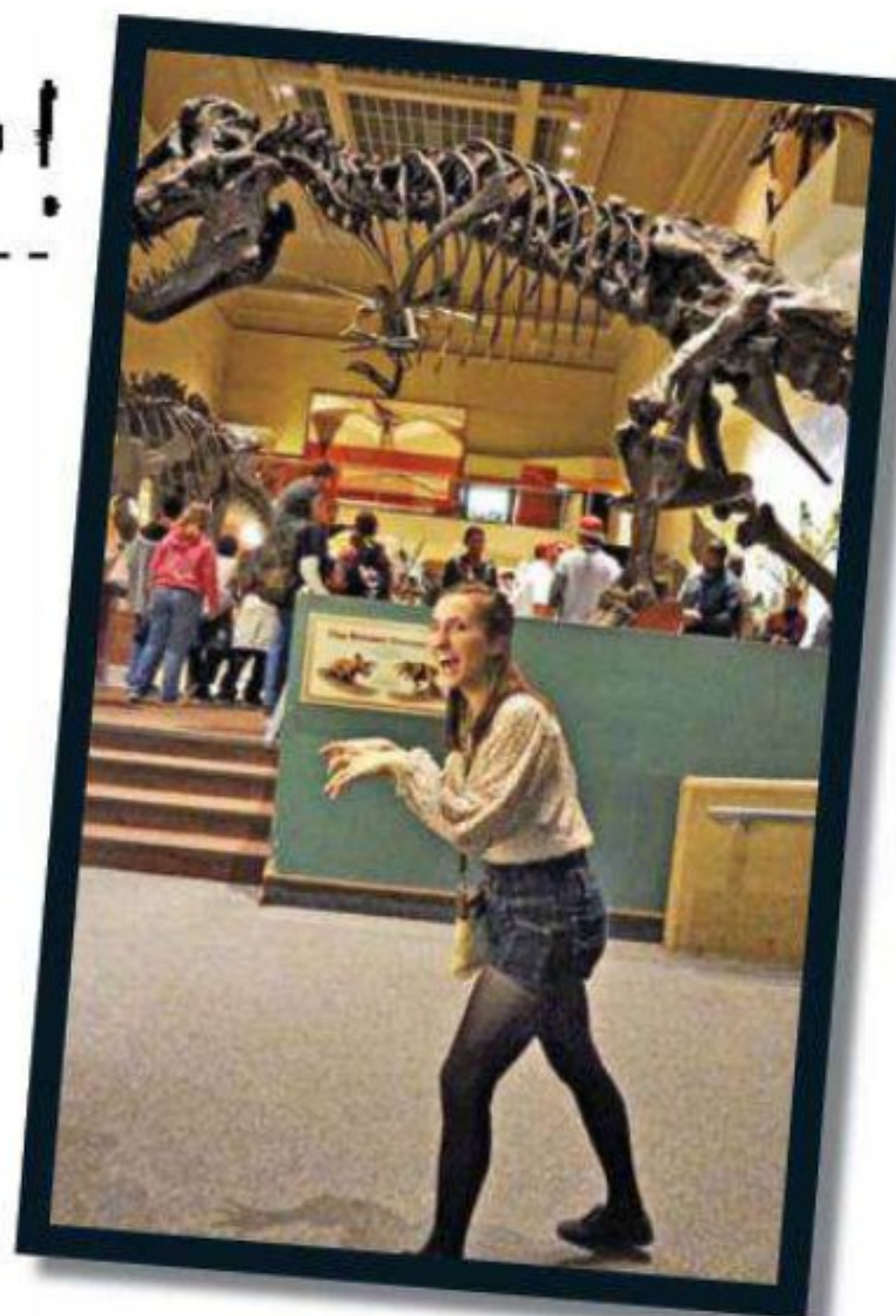
—cara, UNIVERSITY OF FLORIDA



## ROAD TRIP!

"In college, I have all this new freedom—and I want to use it! So one weekend, my friends and I took a spontaneous 10-hour road trip to Washington, D.C. We were the bosses of where we stayed, where we partied, and what adventures we had. Exploring a new city made me realize how many amazing adventures are ahead of me. I can't wait to do it again!"

—jaymie,  
COLLEGE OF CHARLESTON



## STAND UP!

"College is the first time I've been around people who are extremely outspoken and politically aware. It's made me realize how important it is to have a voice. So when protests broke out on campus over a proposed tuition hike, I had to join the rally. The experience was surreal—I felt like I was taking charge of my life."

—brinton, UNIVERSITY OF CALIFORNIA, DAVIS



# Calling all Social Networking Superstars!

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hooked on Facebook?  
a total Tweetheart?  
queen of the Blogosphere?  
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- Appear in the pages of *Seventeen*



Tell us why **you** should be part of the **Seventeen Social Club** at  
**seventeensocialclub.com**

## checkitout!

SWEEPSTAKES • EVENTS • PROMOTIONS

### Style Pro DIY: Duck Tape® Clutch for Prom!

Get "Stuck At Prom®" and learn how to make your own customizable prom clutch for your big night!

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*Seventeen* Style Pro Mariana shows you how to make the ultimate DIY prom accessory using our favorite creative fix-all—Duck Brand® Duct Tape! Watch the video by snapping the tag with your mobile phone for easy step-by-step instructions.

Check out **StuckAtProm.com** for more information on how you can enter for a chance to win a \$5,000 scholarship!



XOXO, Mariana



#### Step 1:

Download the free app at  
<http://gettag.mobi>

#### Step 2:

Scan this code

#### Step 3:

Watch! For help visit  
[seventeen.com/gettag](http://seventeen.com/gettag)



There is a promotional agreement in place between *Seventeen* and Duck Brand® Duct Tape.

### Elevate Cleansing to a Sonic Level

Dermatologists know that beautiful skin begins with clean skin, which is probably why so many of them use the **Clarisonic® Skin Cleansing System** in their practices.

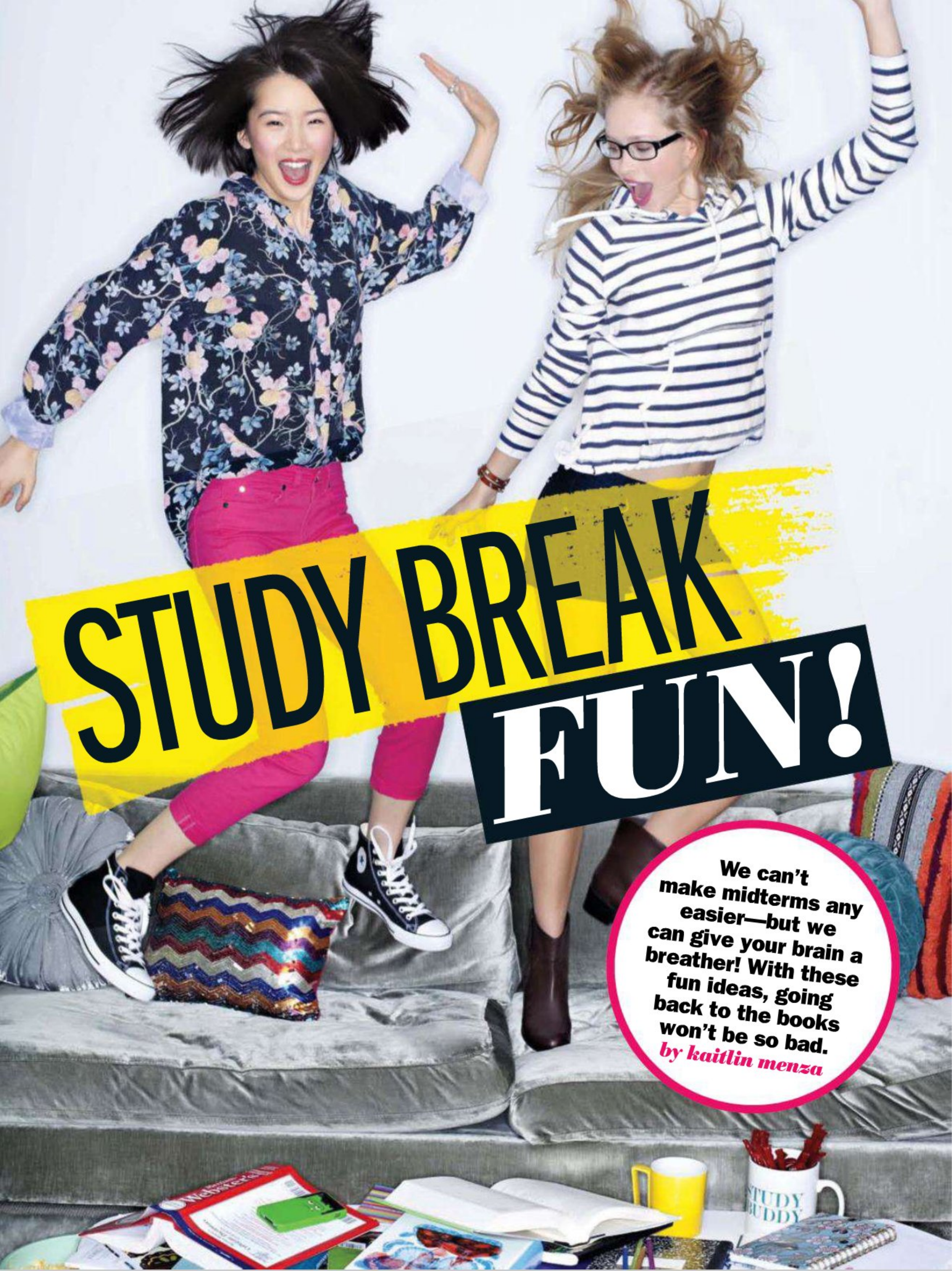
From the lead inventor of Sonicare®, the Clarisonic Skin Cleansing System moves back and forth with skin's natural elasticity to get rid of dirt, oil, and makeup—cleansing 6X better than using just your hands. And when you remove impurities, skin not only feels softer, it looks healthier and more radiant, too.

To learn more, visit [clarisonic.com](http://clarisonic.com).



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# STUDY BREAK FUN!

We can't make midterms any easier—but we can give your brain a breather! With these fun ideas, going back to the books won't be so bad.  
*by kaitlin menza*



# TAKE A YOUTUBE TIME-OUT

## overwhelmed?

Baby animals are the perfect 60-second distraction. Watch this adorable chimp feeding a tiny tiger and the only thought in your head will be *awww*.

**SEARCH FOR:**  
**baby chimp tiger cub**



## exhausted?

Wake up by dancing at your desk to a fun cover song. These super-talented sisters put cool twists on the hottest hits of the moment!

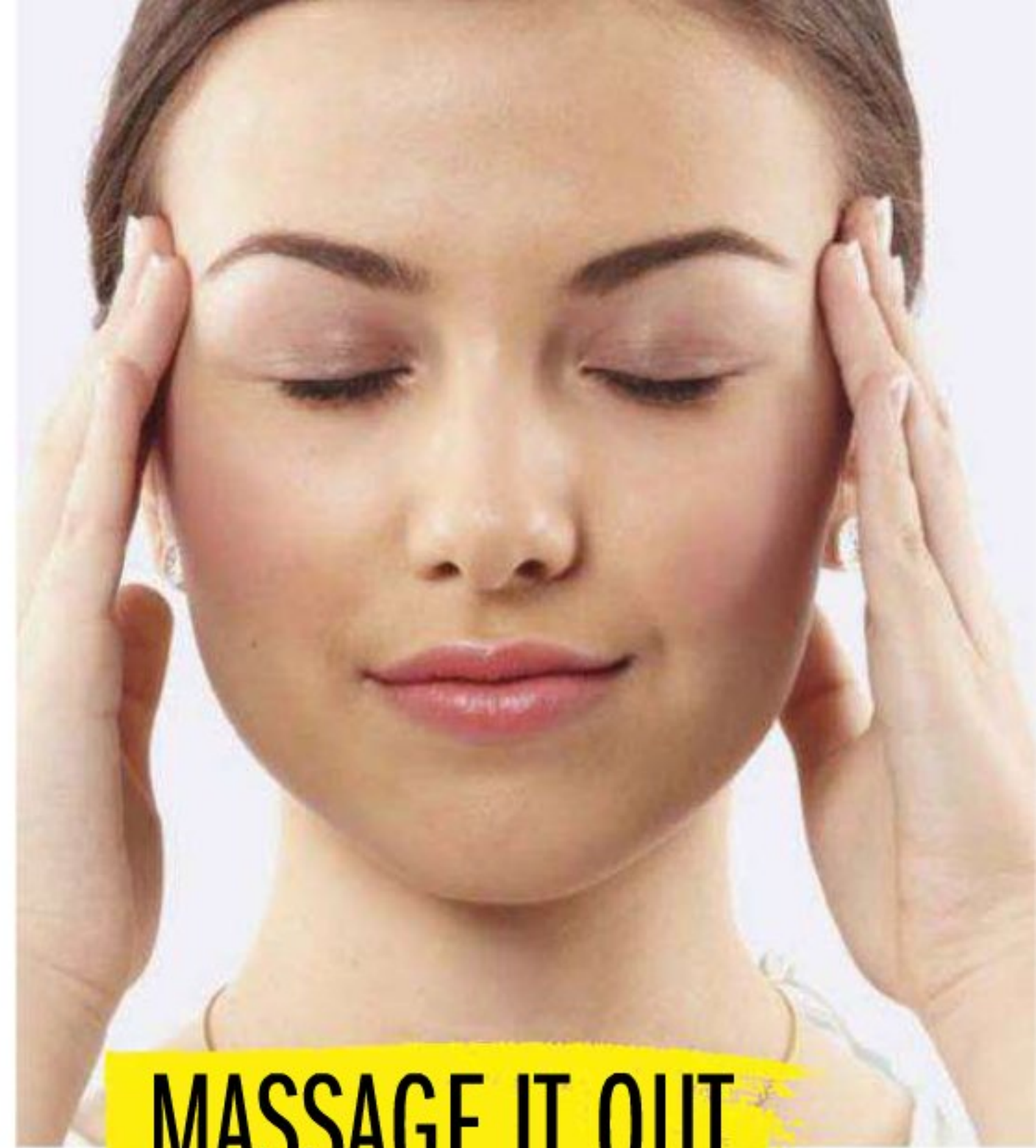
**SEARCH FOR:**  
**you da one vanjess24**



## flat-out bored?

Laugh so hard at Ashley Tisdale's spoof of baby beauty pageants that you'll (almost) forget you still have two pages to write.

**SEARCH FOR:**  
**funny or die tisdale**



## MASSAGE IT OUT

Staring at a glowing screen for hours is an excellent way to get a headache! Relieve it with these little moves.



### SQUEEZE

the inner edge of your eyebrows, by your nose, and hold for three seconds.



### REPEAT

on the arch of your eyebrows, then one more time near your temples.



### BREATHE

in and out, deeply. Feel that tension in your head floating away? Ahhh!

## YOUR SPACE



## desk feng shui

Focusing is hard when your desk is a dump, so give your space a Zen-friendly makeover.



### GREEN MUG

Keep a soothing mug of herbal tea on the left side of your desk—the health area—to fend off brain fog.

### mug

Jonathan Adler, \$18, Jonathan Adler stores and [jonathanadler.com](http://jonathanadler.com)



### CUTE CANDLE

Candles are said to boost energy and trigger creativity, so light a votive to help you whip that essay into shape.

### votive candle holder

Urban Outfitters, \$14, Urban Outfitters stores and [urbanoutfitters.com](http://urbanoutfitters.com)



### PINK VASE

The upper right corner of your desk is ruled by the earth element, so fresh flowers will inspire test-day luck. Bonus: Pink, the color of love, will bring flirty texts!

### rubber vase

Menu, \$30, [lumens.com](http://lumens.com)

MAIN PHOTOS: TERRY DOYLE; FASHION STYLIST: ANDREW MUKAMAL; HAIR: MICHAEL MORENO FOR ORIBE; MAKEUP: JANEIRO FOR DIORSKIN AT BEAUTYWINGNY; ON MODELS: (LEFT) TOP, INSIGHT; PANTS, SNEAKERS, CONVERSE; (RIGHT) HOODIE, SUPERDRY; SHORTS, OBEY; GLASSES, HER OWN; BRACELETS, AMI CLUBWEAR; BOOTS, GIUSEPPE ZANOTTI. STILL LIVES: COURTESY OF COMPANIES.

**SEVENTEEN.COM** Still not ready to get back to work? Play fun games now at [seventeen.com/games](http://seventeen.com/games).

**17 EXPERTS:** Kate Hanley, the author of *The Anywhere, Anytime Chill Guide: 77 Strategies for Serenity* (Skirt! Press, 2008); Susan Levitt, the author of *Teen Feng Shui: Design Your Space, Design Your Life* (Bindu Books, 2003).





## PINTEREST YOUR VACAY

Memorizing Shakespeare is complicated. Sunsets are simple! Zone out with [pinterest.com](https://www.pinterest.com): Search for the word *vacation* and spend a few minutes saving the most blissful images to your own "vacay-spiration" gallery. You'll relax and cheer yourself up at the same time!

## SNEAKY STRESS FIXES



### BRAID IT OUT



*"I try complicated hairstyles, like fishtail or waterfall braids. When I'm zeroed in on perfecting one small task, the rest of my worries fade away!"*

**-Vanessa, 18**



### HIT THE TUB



*"I take a hot bubble bath. I let the bubbles dissolve, and then as the water drains, I picture all my problems going down the drain with it. I always come out so relaxed!"*

**-Jenna, 16**

## TREATS & EATS

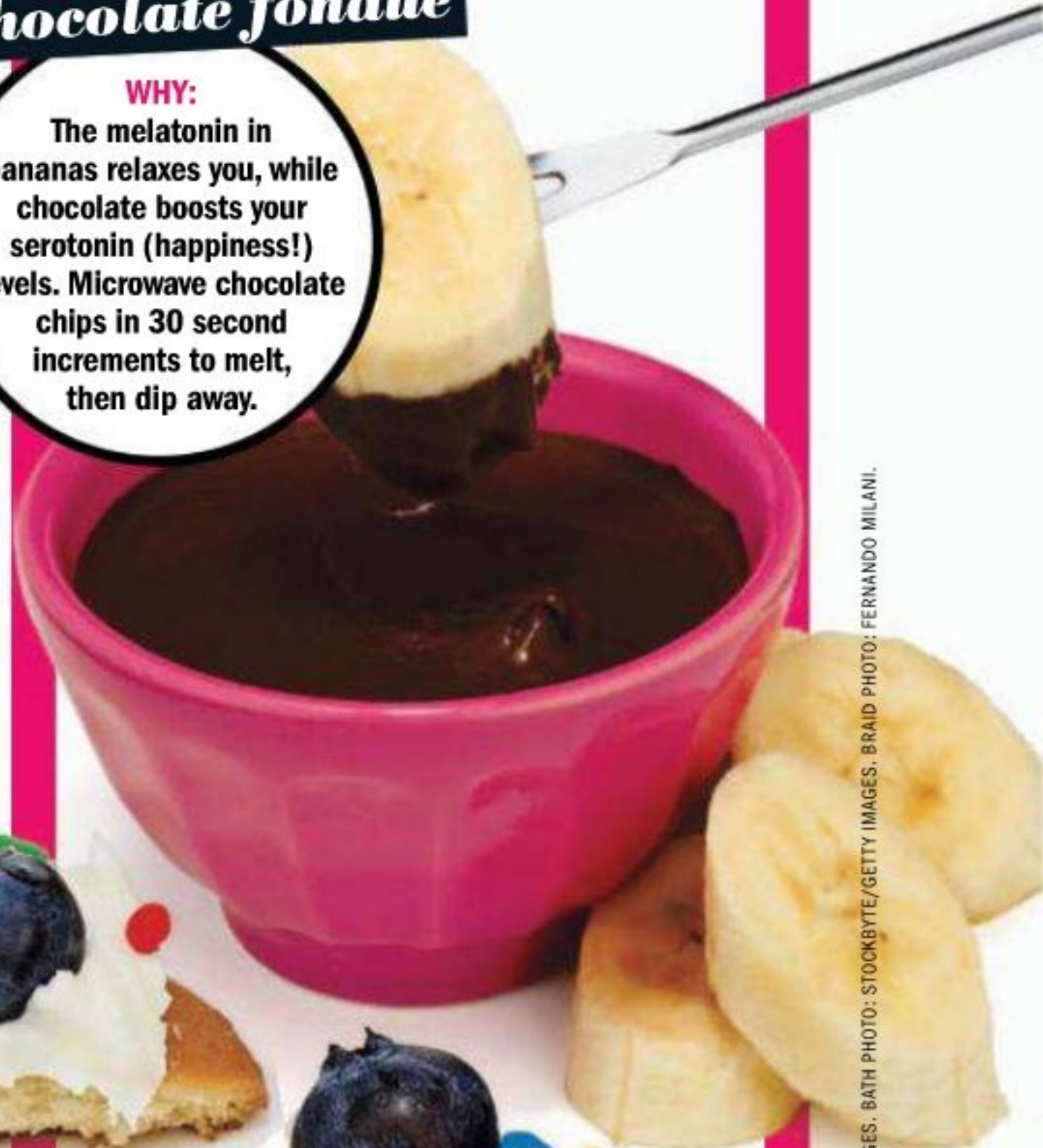
## brain candy

What is it about studying that makes you *starving*? Refuel with yummy snacks that have secret superpowers.

### chocolate fondue

#### WHY:

The melatonin in bananas relaxes you, while chocolate boosts your serotonin (happiness!) levels. Microwave chocolate chips in 30 second increments to melt, then dip away.



### berry sliders

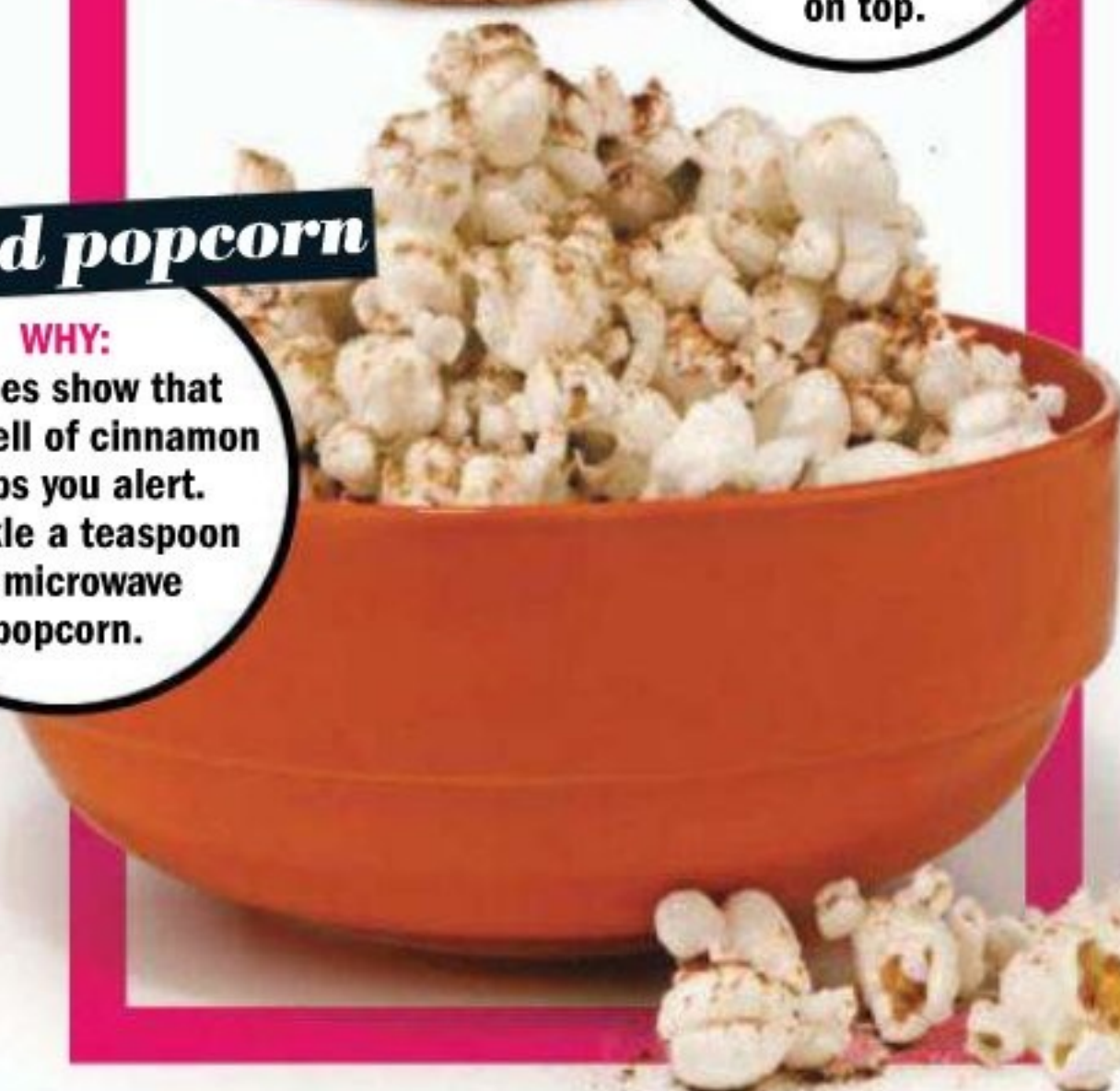
#### WHY:

Blueberries have been shown to improve your memory! Dab frosting on a vanilla wafer, then place the berries on top.

### spiced popcorn

#### WHY:

Studies show that the smell of cinnamon keeps you alert. Sprinkle a teaspoon on microwave popcorn.



**17 EXPERT:** Keri Glassman, R.D., the author of *Slim Calm Sexy Diet: 365 Proven Food Strategies for Mind/Body Bliss* (Rodale Books, 2012).

FOOD PHOTOS: JESUS AVILA/STUDIO D. FOOD STYLING: SUSAN OTTAVIANO FOR HALLEY RESOURCES. BEACH PHOTO: CHRISTIAN WHEATLEY/GETTY IMAGES. BATH PHOTO: FERNANDO MILANI.



FOR  
**WALMART**  
READERS  
ONLY!

*Watch your back!*

In one scene, Jennifer was racing through the woods and accidentally ran into a bush. The whole camera crew behind her slammed together, causing a domino effect down a hill!

*game face*  
Jennifer Lawrence  
gets ready to roll.

**SECRETS FROM THE SET OF**  
**THE HUNGER GAMES**

**Hungry for more?!? The stars of the biggest movie of the year are giving you an exclusive sneak peek behind the scenes!** BY KAITLIN MENZA

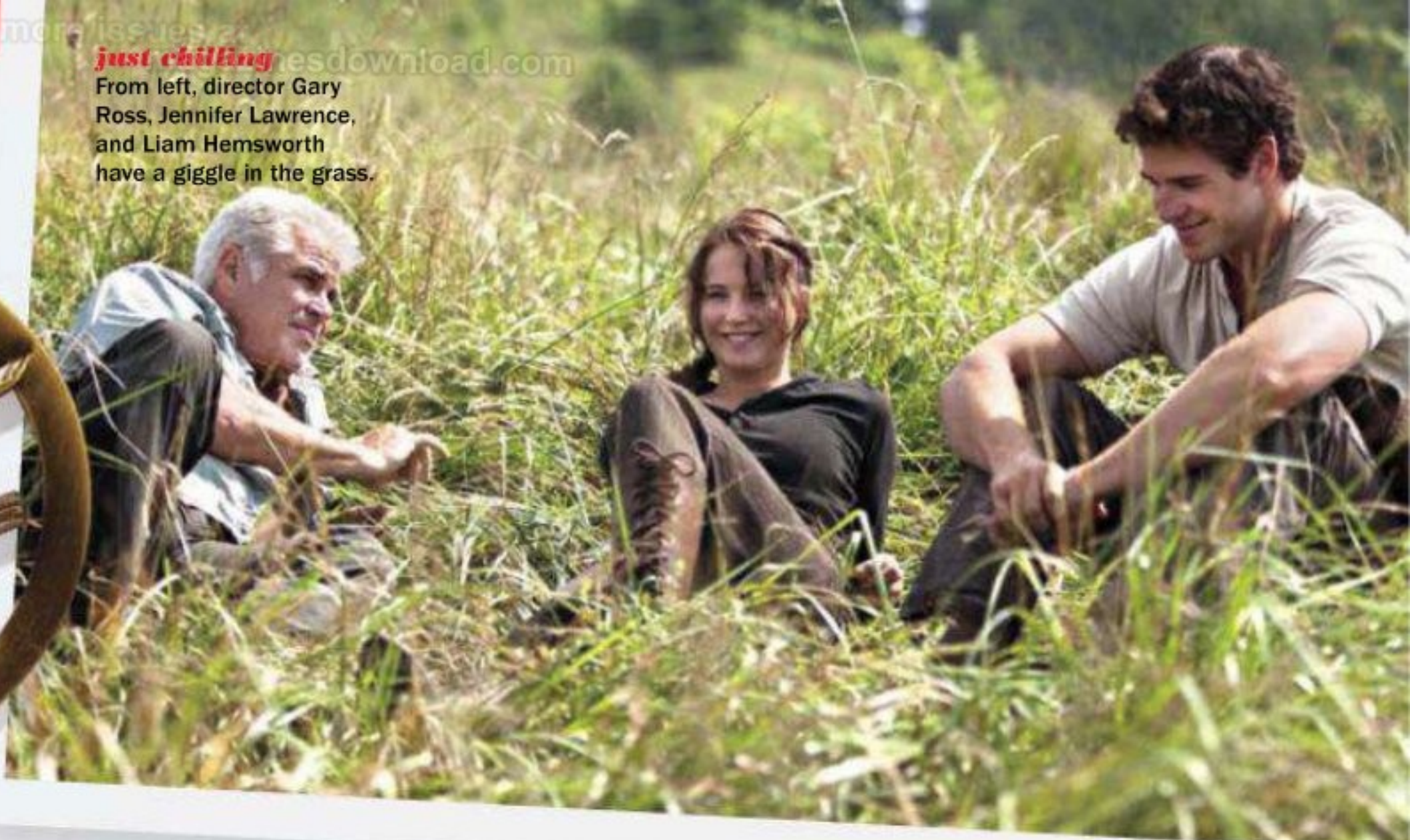


## SPECIAL WALMART SECTION!



### MISSING PERSON!

In the book, it's Madge Undersee, the mayor's daughter, who gives the iconic mockingjay pin to Katniss. But Willow Shields reveals that it's *Prim* who hands it over in the movie!



From left, director Gary Ross, Jennifer Lawrence, and Liam Hemsworth have a giggle in the grass.

### Jennifer gave bad face!

"I did so much stunt training, but I never thought about my face. [Director] Gary Ross said, 'Your face looks like an orangutan!' and then showed it to me on the monitor. I had to train all over again, practicing my face!"

-JENNIFER LAWRENCE, KATNISS



### The Cornucopia got crazy!

"The group scenes were our favorite to film. We'd keep ourselves entertained by playing Frisbee, tag, and hide-and-seek in between takes. We had so much fun together!"

-JACQUELINE EMERSON, FOXFACE



**watch out!**  
Jacqueline Emerson, left, and Amandla Stenberg put on an innocent act.

### PRANK WARS

Jacqueline Emerson and Amandla Stenberg were the cast's main pranksters. They once took everyone's clothes and stuffed them in microwaves or fridges on set, and they covered people's trailers in Post-its with their JA insignia on them!

### Jennifer and Josh were feeling "blue"!

"Jennifer and I are into the same crazy things. Like, we were both obsessed with *Avatar* and wanted to live in Pandora so badly. We were depressed that we couldn't be avatars, running around the forest with magical trees and speaking with animals through our ponytails!"

-JOSH HUTCHERSON, PEETA

### pep talk

Jennifer Lawrence and Josh Hutcherson strategize in the training center.







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**FACE ANYTHING™**

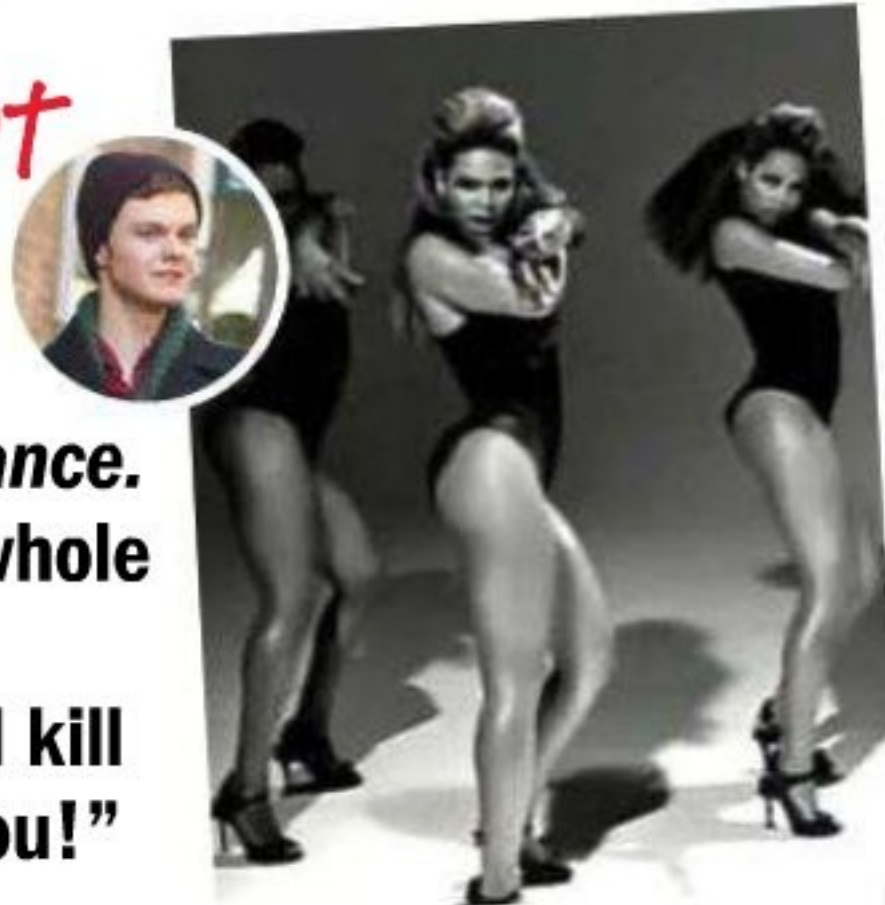


## SPECIAL WALMART SECTION!

### Jack's got moves!

"Jack Quaid [Marvel] can dance. He can do the whole 'Single Ladies' dance, and he'll kill me for telling you!"

-ISABELLE FUHRMAN, CLOVE



### MAJOR DIRT

The cast were sprayed with alcohol-based "dirt" before shooting. They even had fake dirt rubbed under their nails!

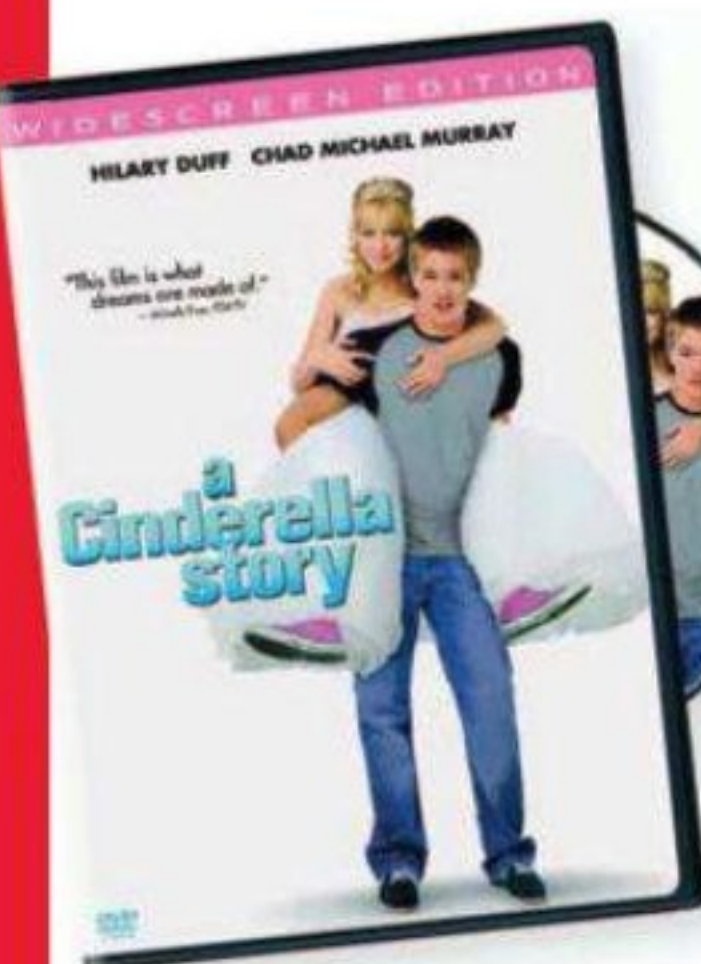
### touch-up time

Josh Hutcherson rocks the dirty look.

### Girls' nights were epic!

"We'd watch every Hilary Duff movie ever made. We'd paint T-shirts, or make up songs and record them on the computer, then prank call Alexander Ludwig!"

-LEVEN RAMBIN, GLIMMER



### Dayo gained 23 lbs!

"Thresh is this huge, dominating figure. I was 162 pounds when I got the role and went up to 185! I ate all the time and trained in kung fu. It looks good for the camera, but if you catch me in an alley, you could probably still whup my ass."

-DAYO OKENIYI, THRESH



### let's eat!

From left, Amandla Stenberg, Alexander Ludwig, Isabelle Fuhrman, and Dayo Okeniyi get ready to chow down.

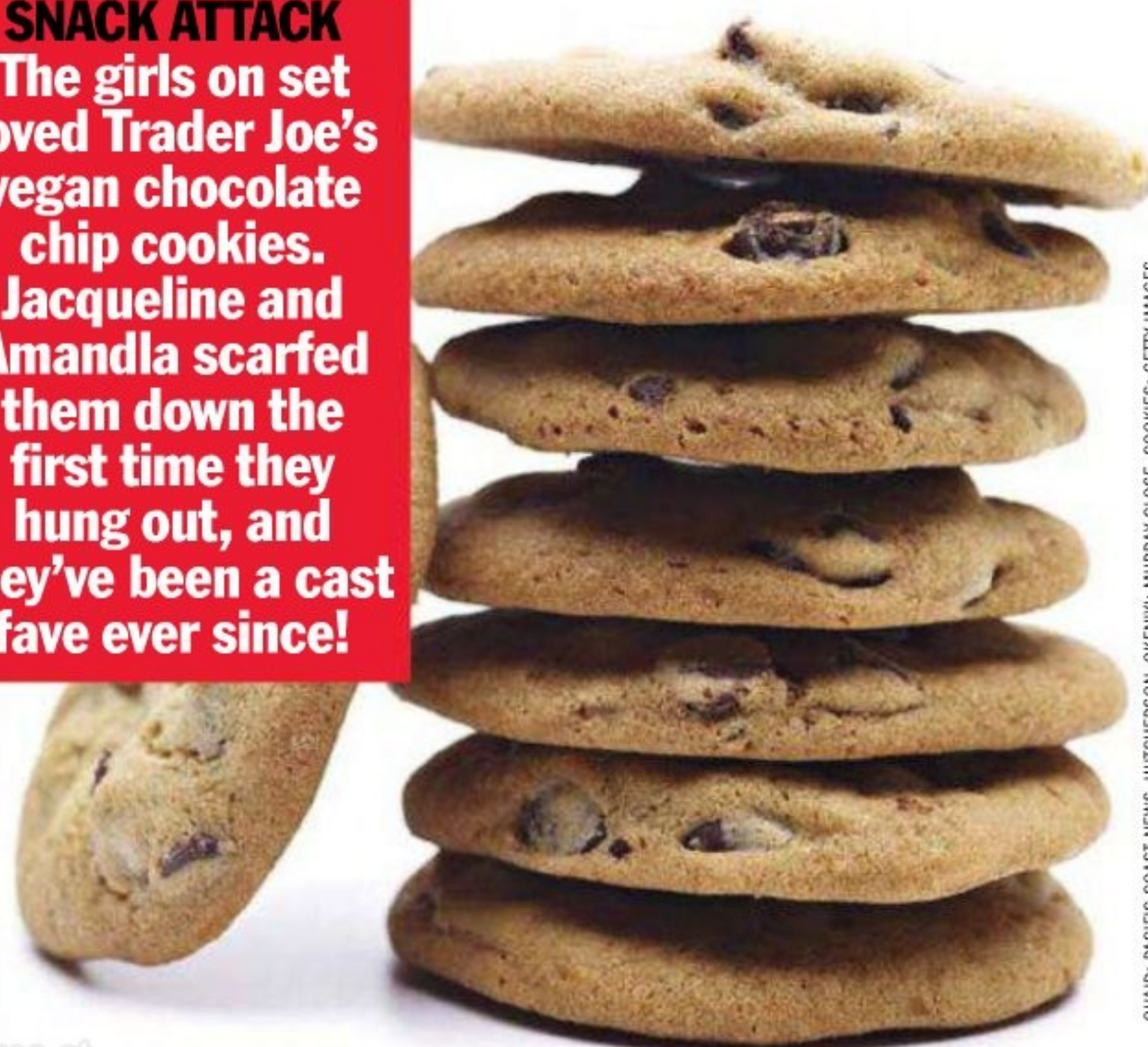
### The cast loved their temporary home.

"Asheville, NC, is a hippie town, where they have these really cool little shops, and bookstores where they serve tea and you can curl up with a book. Everyone was extremely nice to us, and I just had so much fun there!"

-AMANDLA STENBERG, RUE

### SNACK ATTACK

The girls on set loved Trader Joe's vegan chocolate chip cookies. Jacqueline and Amandla scarfed them down the first time they hung out, and they've been a cast fave ever since!



QUAID: PACIFIC COAST NEWS; HUTCHERSON, OKENIYI: MURRAY CLOSE; COOKIES: GETTY IMAGES.



**AMP  
UP THE  
VOLUME!**



**24hr** HIGH VOLUME  
EXTREME HOLD

WITH COTTON FLOWER:

- weightless formula
- no stickiness or buildup

Take care.  
**GARNIER**  
garnierUSA.com

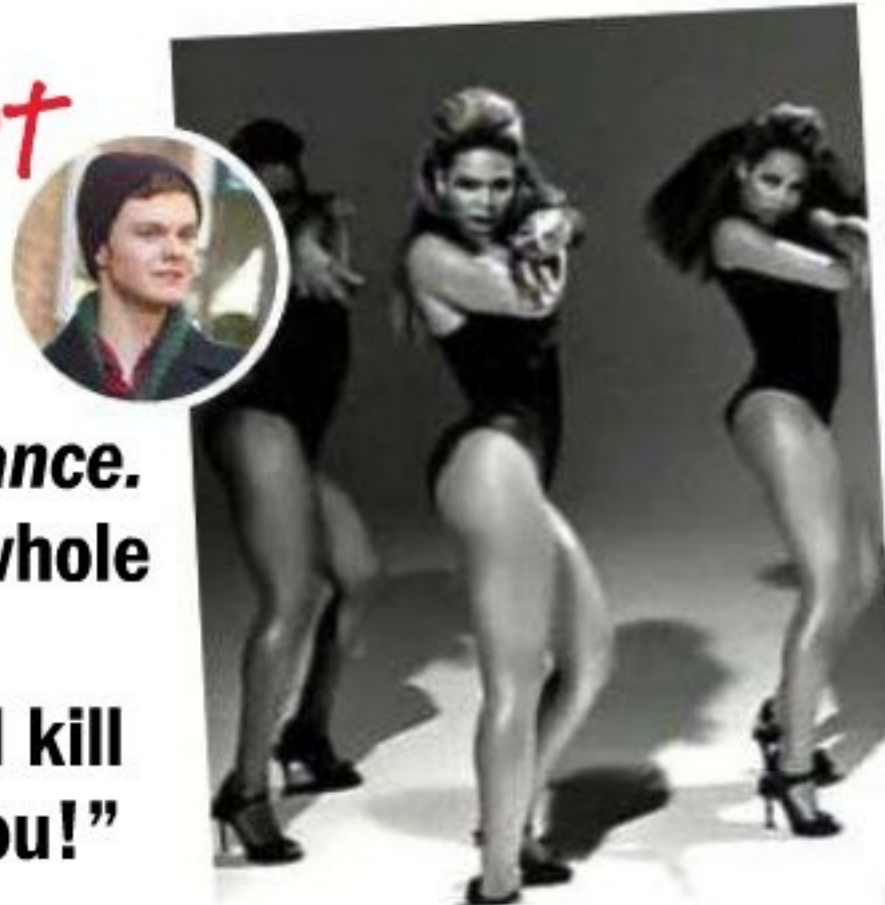


## SPECIAL WALMART SECTION!

### Jack's got moves!

"Jack Quaid [Marvel] can dance. He can do the whole 'Single Ladies' dance, and he'll kill me for telling you!"

-ISABELLE FUHRMAN, CLOVE



### MAJOR DIRT

The cast were sprayed with alcohol-based "dirt" before shooting. They even had fake dirt rubbed under their nails!

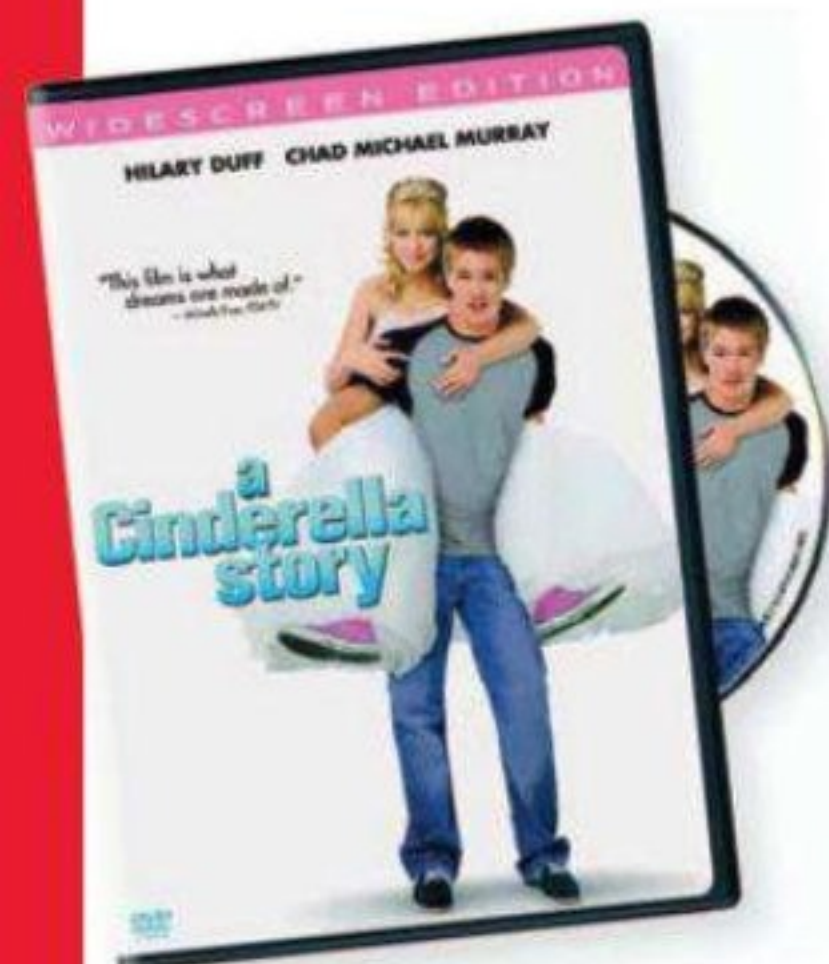
### touch-up time

Josh Hutcherson rocks the dirty look.

### Girls' nights were epic!

"We'd watch every Hilary Duff movie ever made. We'd paint T-shirts, or make up songs and record them on the computer, then prank call Alexander Ludwig!"

-LEVEN RAMBIN, GLIMMER



### Dayo gained 23 lbs!

"Thresh is this huge, dominating figure. I was 162 pounds when I got the role and went up to 185! I ate all the time and trained in kung fu. It looks good for the camera, but if you catch me in an alley, you could probably still whup my ass."

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Take care.  
**GARNIER**  
garnierUSA.com



# ROCK YOUR CURLS!



**24hr** DEFINITION  
INTENSE MOISTURE

WITH NOURISHING SHEA:  
• all-day frizz control  
• calms down unruly curls

Take care.  
**GARNIER**  
garnierUSA.com

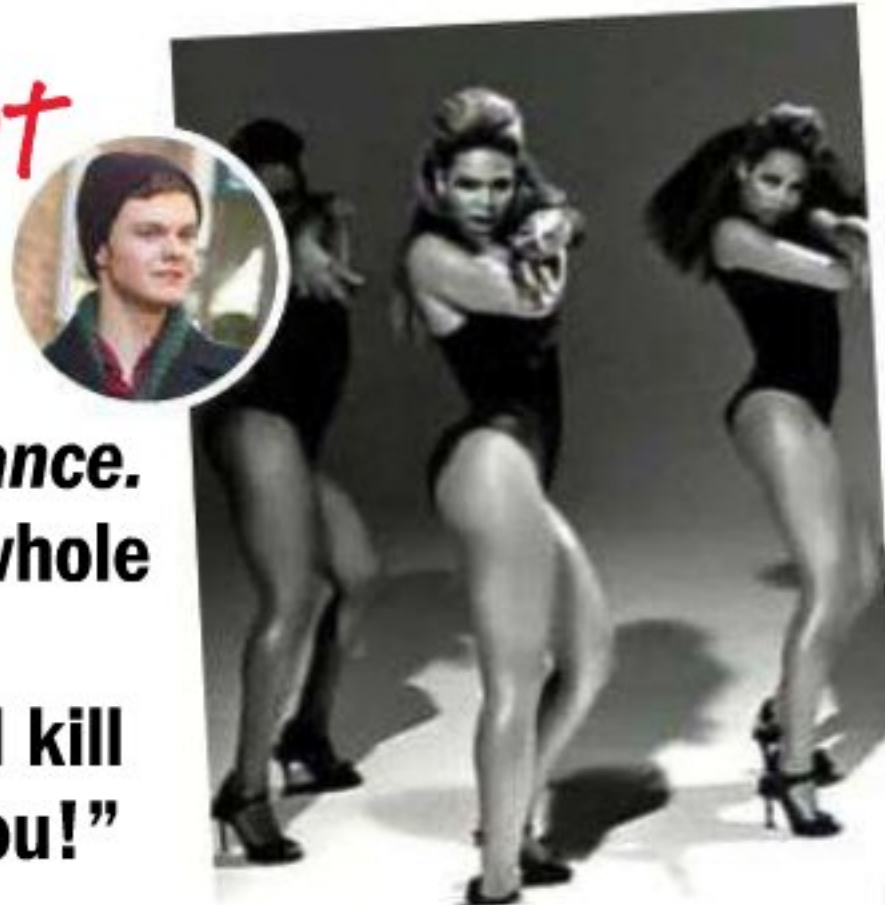


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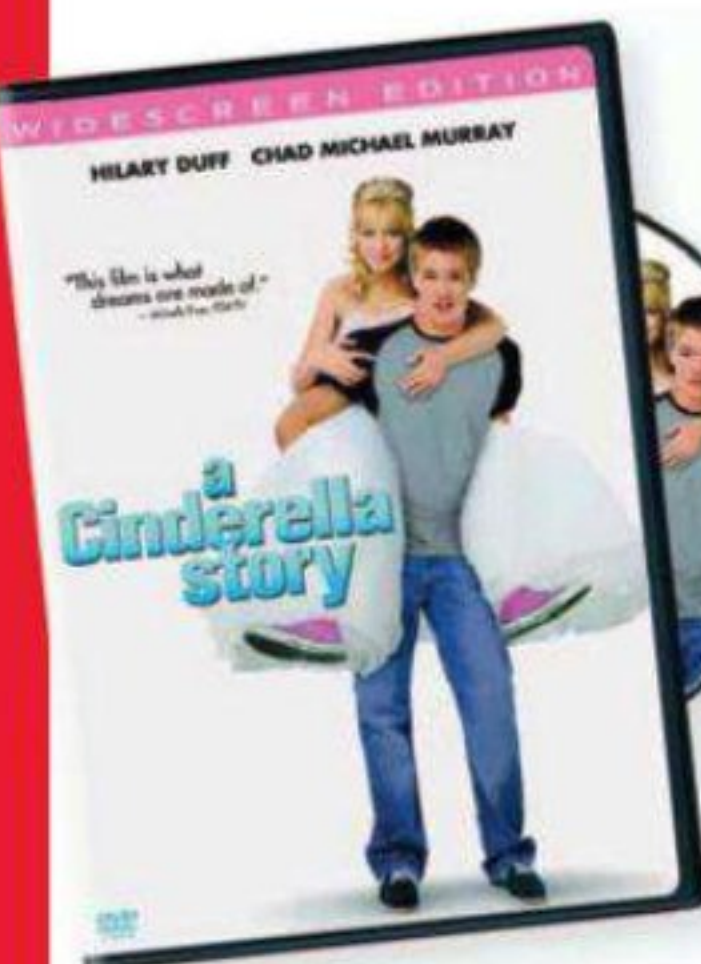
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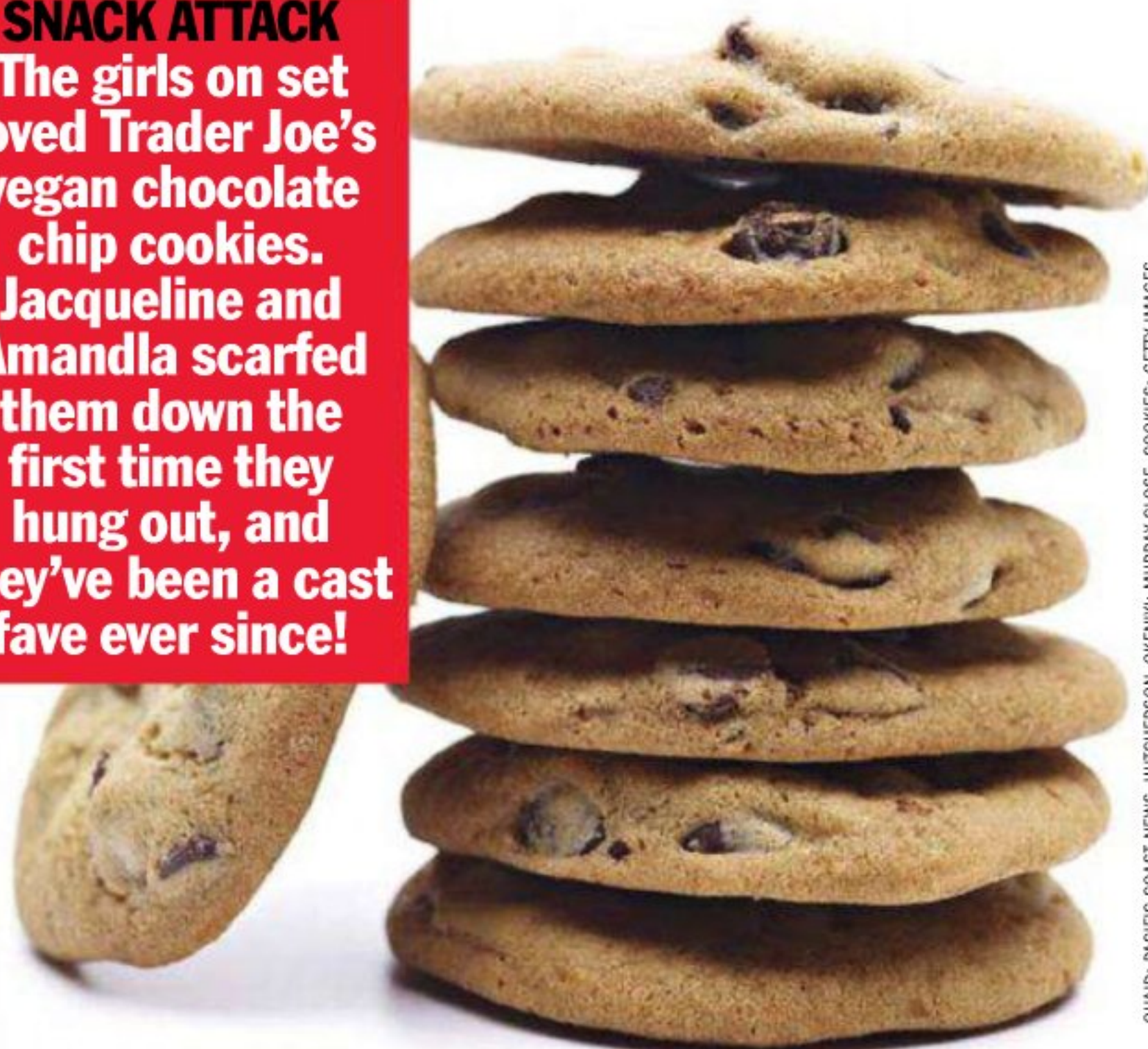
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garnierUSA.com







ON JENNIFER: Top, Nanette Lepore; jeans, Calvin Klein; blue-and-white bracelet, Ben-Amun; green bracelet, Frieda & Nellie; white bracelet, Henri Bendel; belt, Meredith Wendell.

# jennifer lawrence

**IF YOU THINK KATNISS  
HAS KILLER CONFIDENCE,  
YOU SHOULD MEET THE  
GIRL WHO PLAYS HER.**

*by patty adams martinez    photographs by matt jones*



ON JENNIFER:  
Necklace, Marc  
by Marc Jacobs.





t

o play the kind of girl who'd steal a loaf of bread to save her family from starvation, or battle to the death to protect her sister, you have to be pretty freaking fearless. That's why the role of Katniss Everdeen in *The Hunger Games* was practically made for Jennifer Lawrence. Jennifer's real life may not be filled with the same kind of drama, but she has the exact same gutsy, fierce attitude as the District 12 Tribute she plays. Case in

point: In junior high school, when a brand-new school bus driver was taking wrong turns and making incorrect stops, Jennifer *convinced* herself that the entire bus was being kidnapped—so she took a “double-dog dare” to jump out the emergency exit into the middle of the road to escape! She just can't help herself from making everyday life feel like a movie. “I have an overactive imagination,” she admits. “I *still* have the mind of an 11-year-old.”

Jennifer, 21, grew up outside Louisville, Kentucky, riding horses and fishing with her older brothers. “My brother Blaine and I used to make slingshots and have pretend wars in the backyard,” she recalls. After starring in a few of her local church's plays, she knew acting was her destiny. So at 14, she begged her parents to let her spend the summer in New York auditioning for roles.

“It was actually my brothers [Blaine and Ben] who convinced them,” she says. “They called my parents and said, ‘You have been to every baseball and basketball game of ours. This is her sport and you guys really have to support her.’ Until then, I never thought my brothers even liked me!” (If her brothers hadn't defended her that day, her Plan B was to become a nurse!)

In order to start acting as soon as possible, she graduated from high school two years early. “My parents weren't going to let me act unless I graduated with a 3.9 GPA, so I did,” says Jennifer. “That was the worst period of my life—spending nine hours in my room studying to finish up. But I had an incentive.”

Just four years later, with a few TV shows and movies under her belt, Jennifer received the ultimate props for

all her hard work: a best actress Oscar nomination for her role in *Winter's Bone* as a hardened Ozarks teen looking for her meth-dealing dad.

Life in the spotlight hasn't made her some untouchable superstar. Her costars *love* her, particularly Nicholas Hoult, her hot castmate from the film *X-Men: First Class*, whom she's been dating for almost two years. And both of her *HG* costars gush about her. “She's just a crazy, fun, outgoing, down-to-earth person to be with,” says Josh Hutcherson, who plays the lovesick Peeta. “She can be kind of manic at times,” says Liam Hemsworth, who plays Katniss's best guy friend, Gale. “You'd think she'd be calm, cool, collected, which she is. But

sometimes she'll try to tell you a story and she can't because she's laughing too much. She's hilarious.”

Being cast in *The Hunger Games* is a dream come true for Jennifer—she's a super-fan of the books. “I'm drawn to Katniss,” she says. “She has strength, she doesn't get insecure, and she doesn't care about heartbreak. She's a role model.”

Jennifer opens up to *Seventeen* about taking chances, finding courage, and seeming confident (even when she's feeling anything but).

“  
***If I'm going to be naked in front of the entire world, I'm going to look like a woman.***  
”

**17: You seem so laid-back—yet your family says you're super-dramatic. Where does that come from?**

**Jennifer Lawrence:** I get really worked up about things. Last night, the moon

was really big, and I got so scared that there was going to be a huge tidal wave, so I called my mom. She just said, “You're being a drama queen. Calm down.” If I watch a paranormal show or something, I can't sleep. Or when I get up in the middle of the night to pee, I'm always running back to bed in fear.

**17: What was it like growing up with two older brothers?**

**JL:** I can't imagine it any other way. Every time I went over to a friend's house and they had older sisters, they were fighting over clothes or crying. It was just a lot less dramatic growing up with older brothers. It was very cut-and-dry. If you make somebody mad, you just get hit, or if you're mad about something, you scream it, and then you apologize. Whenever we got in a fight, we always



had the 11 words [my mom would make us say]: “I love you, I’m sorry, please forgive me, I was wrong.” It was so annoying!

**17: Did you consider yourself a tomboy?**

**JL:** I was by default—I don’t think I really wanted to be. I think I liked dressing up and I liked makeup and hair and all that stuff. I just didn’t know how to do it, because nobody ever taught me.

**17: Now that you’ve had to show up on the red carpet a lot more, have you become more of a girly girl?**

**JL:** Yeah, I’ve learned to put makeup on. Well, barely. I shave, and put bras on, but I hate shopping! It wears me out, and I feel like passing out from boredom.

**17: Growing up did you ever have crushes on your brothers’ friends?**

**JL:** Oh, yeah! I thought I would *marry* their friends! But I never told my brothers. That would be awful. They are fiercely protective, fiercely loyal, fiercely loving.

**17: Once you decided you wanted to be an actor, did you know you’d make it?**

**JL:** When I was younger, I was naive and just thought, Oh, this will be easy; I can do it. But now, I don’t always know if I can. I get nerves, because now I’m a grown-up. Well . . . *kind of* a grown-up. [When I start a new movie,] it’s like the first day of school and I think, Is anybody going to like me? Am I going to have any friends? What if I disappoint everybody on the first day?

**17: But you come across as so super-confident!**

**JL:** Confidence only comes when I’m scared. I just trick myself into thinking I’m not scared by *pretending* I’m not. When I went skydiving a couple of years ago, I was terrified, but I pretended so hard that I wasn’t, and I actually tricked myself into having a blast because I wasn’t thinking about how scared I was.

**17: Who do you consider your best friends in Hollywood?**

**JL:** Zoë Kravitz [her *X-Men* costar] and I are really great friends. She came to visit me and her dad on [*The Hunger Games*] set. She’s just so cool. She has the most beautiful voice, the best style, she can act—and she can *eat*! Josh [Hutcherson] and Liam [Hemsworth] are really

great friends too. They are hilarious and sweet. They are like my brothers. As soon as we all got together, we reverted back to being 13-year-olds. Josh and I were neighbors. Every time I would come in late, I would go and bang on the door and wake him up and we’d all hang out.

**17: Were you Team Peeta or Team Gale?**

**JL:** I think I was Gale until he started getting a little too trigger-happy . . . or maybe first Peeta and then Gale or Gale, then Peeta? I went back and forth. I flip-flopped.

**17: Have you ever fallen for your best guy friend like Katniss does?**

**JL:** When I was 16, I had a guy friend and we both kind of liked each other, but we had so much fun together that we didn’t want to date and mess things up so we stayed friends. But then it got so complicated that we didn’t even hang out anymore.

**17: You’ve said girls should embrace their curves. Why did you think it important to make that statement?**

**JL:** [When I was playing Mystique in *X-Men*,] I remember thinking, If I’m going to be naked in paint in front of the entire world, I’m going to look like a woman. I’m going to have curves and have boobs and have a butt. Because girls are going to look at that, and if I look like a scarecrow, they are

going to think, Oh, that’s normal. It’s *not* normal. I’m just so sick of these young girls with diets. I remember when I was 13 and it was cool to pretend to have an eating disorder because there were rumors that Lindsay Lohan and Nicole Richie were anorexic. I thought it was crazy. I went home and told my mom, “Nobody’s eating bread—I just had to finish everyone’s burgers.” I think it’s really important for girls to have people to look up to and to feel good about themselves.

**17: Have you ever felt pressure to change the way you looked to get a role?**

**JL:** Yeah. [*X-Men*] was the first time that I had been told I needed to look a certain way and that was hard. It was a wake-up call—you’re an actor so people can tell you to change your body, but I’m not going to change who I am. **17**

“  
*I’m not going  
to change  
who I am.*  
”



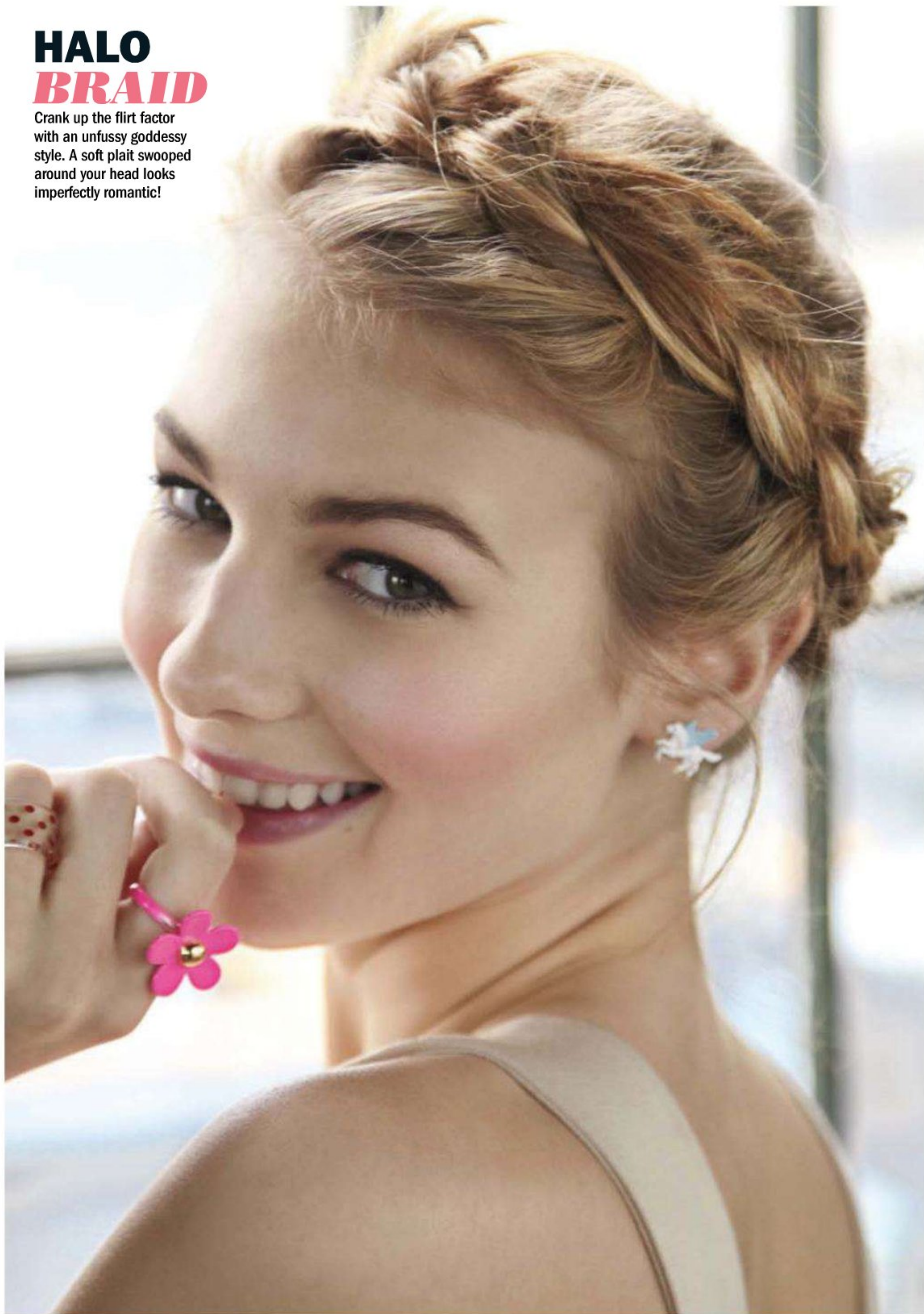


ON JENNIFER: Jacket,  
Billy Reid; tee,  
Rodebjer; shorts,  
Jimmy Taverniti; rings,  
Pamela Love.



# HALO *BRAID*

Crank up the flirt factor with an unfussy goddessy style. A soft plait swooped around your head looks imperfectly romantic!





## PRETTY **POUF**

Maximize your styling impact with over-the-top texture! Use a small curling iron to curl one-inch sections all over, then tease your hair with a boar-bristle brush. Pin down and smooth the front for a look that's more polished.

# BRAVE *new* STYLES

Hold on to your brush! This spring's hottest new styles are a little bit wild—but totally wearable!

by *yesenia almonte* photographs by *olivia graham*





## PEEKABOO HIGHLIGHTS

Be bold (in the coolest way). A pop of blue on the inner layers of your bangs creates a look that is dramatic yet subtle at the same time.

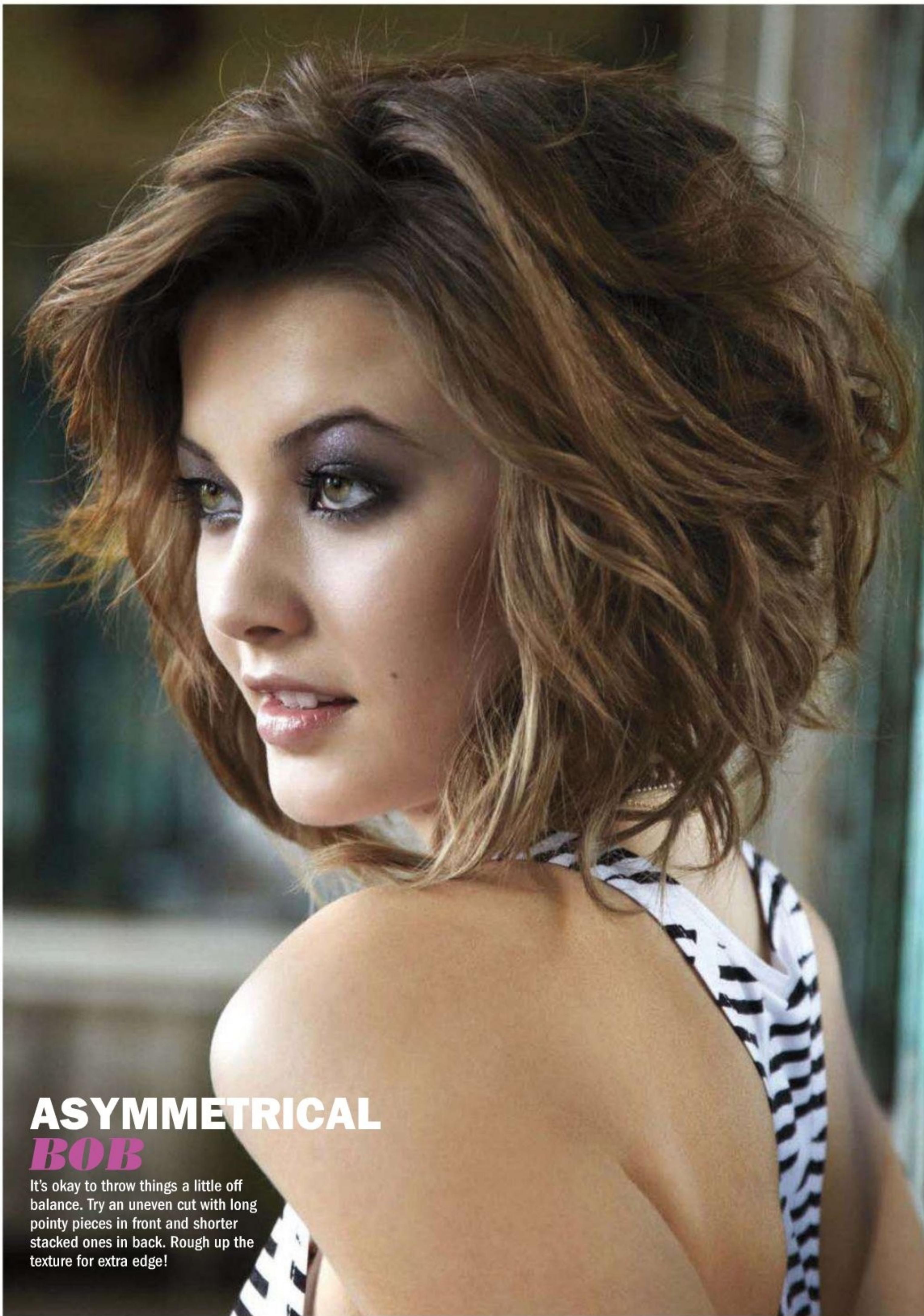




## **DEEP** **SWOOP**

Pretty without being overpowering—a deep side part is more exciting when your texture looks perfectly windblown.





## ASYMMETRICAL **BOB**

It's okay to throw things a little off balance. Try an uneven cut with long pointy pieces in front and shorter stacked ones in back. Rough up the texture for extra edge!



# NEON OMBRÉ

Set your style on fire! Last season's ombré is so much cooler when you graduate into vivid tones.

ON MODELS: (OPPOSITE PAGE) TOP, RAISINS; (THIS PAGE) OVERALLS, JIMMY TAVERNITI; TEE, BILLABONG; EARRINGS AND NECKLACE, LULU'S.

Senior Fashion Editor: Annebet Duvall. Hair: Sarah Potempa for Aussie at The Wall Group. Makeup: Kyriaki Savrani for Diorskin at Factory Downtown. Manicure: Ana Maria for Artistsbytimothypriano.com.



# SURF's UP

**THESE SURF-INSPIRED PIECES ARE TOO CUTE  
TO SAVE FOR THE WAVES. THEY'LL MAKE A  
FASHION SPLASH (EVEN IF YOU'RE LANDLOCKED).**

**photographs by williams + hirakawa**



## mix sporty & girly

LET A SLEEK ATHLETIC  
BIKINI PEEK THROUGH A  
SHEER, FLOWY SHIRTDRESS.

**dress**

Sizes 2-12, H&M,  
\$60, H&M stores.

**bikini**

Sizes S-L, top, \$60, and bottoms,  
\$65, Alexandra Cassaniti,  
[alexandracassaniti.com](http://alexandracassaniti.com).

**watch**

Lulu's, \$17, [lulus.com](http://lulus.com).

**bracelets**

Make Me Chic, \$4 each,  
[makemechic.com](http://makemechic.com).





# soak yourself in color

AN ELECTRIC BIKINI AND A  
PRINTED CARDI IS A  
FEARLESS COMBO—IT'S BOLD  
AND BOHO AT THE SAME TIME.

**cardigan**

Sizes 0–12, Marni for H&M,  
\$80, H&M stores.

**bikini**

Sizes XS–XL, O'Neill,  
\$36 each piece, pacsun.com.

**shorts**

Sizes 0–13, YMI, \$38,  
ymijeans.com.

**bangles**

Fantasy Jewelry Box, \$39 for set  
of five, fantasyjewelrybox.com.







## be a little beachy

YOUR FAVORITE BOXY BEACH TEE HAS TONS OF STREET CRED—USE IT TO COOL UP A BODY-CON PENCIL SKIRT.

**tee**

Sizes S–XL, Mimi Chica, **\$24**, Nordstrom and nordstrom.com.

**skirt**

Sizes XS–L, Motel, **\$80**, motelrocks.com.

**sunglasses**

Urbanog, **\$11**, urbanog.com.

**necklace**

Lulu's, **\$16**, lulus.com.

**bag**

Nike, **\$70**, select Nike stores and nike.com.

**sneakers**

Sizes 5–11, Converse, **\$60**, Bloomingdale's and converse.com.





## slip into neoprene

A SLINKY DRESS IN WETSUIT  
MATERIAL MAKES WAVES WITH  
NEON BELTS AND ACCESSORIES.

**neoprene dress**  
Sizes 2-14, Topshop, **\$200**,  
topshop.com.

**tank**  
Sizes XS-XL, Fox, **\$50**, foxhead.com.

**belts**  
AMI Clubwear, **\$10** each,  
amiclubwear.com.

**bangles**  
Dark and light orange cuffs,  
Fantasy Jewelry Box, **\$23** each,  
fantasyjewelrybox.com; polka-dot  
bangle, M. Haskell, **\$15**, call  
212-764-3332 to order; beaded  
bangle, Roberta Chiarella, **\$28**,  
robertachiarella.com; mosaic bangle,  
Lulu's, **\$11**, lulus.com.



# dive into textures

MESH AND DENIM IN  
SIMILAR BRIGHT COLORS  
GET ALONG SWIMMINGLY.

**vest**

Sizes XS-XL, Body Glove, **\$77**,  
bodyglove.com.

**tank**

Sizes 2-10, Insight, **\$55**,  
Urban Outfitters stores and  
urbanoutfitters.com.

**shorts**

Sizes 1-13, Tinseltown  
Denim Couture, **\$25**, Macy's.

**sunglasses**

Neff, **\$20**, dogfunk.com.

**bracelets**

Stone and bead bracelets,  
**\$40** each, and multicolor bracelets,  
**\$35** each, all Ettiket, ettiket.com;  
orange bead bracelets, M. Haskell,  
**\$18**, call 212-764-3332 to order.







## play with proportions

A LONG ANORAK LOOKS  
AS GOOD OVER A GRAPHIC  
ONE-PIECE AS IT WOULD  
OVER A TEENSY MINI.

**windbreaker**

Sizes S-XXL, Avon, **\$35**, [avon.com](http://avon.com).

**hoodie**

Sizes XS-XL, Splendid,  
**\$126**, [splendid.com](http://splendid.com).

**bodysuit**

Sizes XS-L, Motel, **\$50**,  
[motelrocks.com](http://motelrocks.com).

**necklace**

M. Haskell, **\$38**, call 212-764-3332  
to order.

**bangles**

Teal bangles, Urbanog, **\$13** each,  
[urbanog.com](http://urbanog.com); yellow bangle, Lulu's,  
**\$11**, [lulus.com](http://lulus.com).

**sneakers**

Sizes 5-11, Keds, **\$55**, [keds.com](http://keds.com)  
and [zappos.com](http://zappos.com).



# go big

AN OVERSIZE NEON COVER-UP  
KEEPS YOU WARM AFTER  
A SWIM, BUT IT STANDS OUT  
AWAY FROM THE SAND AS A  
MAJOR FASHION STATEMENT.

**pullover**

Sizes XS-XL, Joe Fresh,  
**\$149**, Joe Fresh stores or call  
212-366-0960 to order.

**shirt**

Sizes XS-L, Express, **\$30**, Express  
stores and express.com.

**watches**

Gold watch, **\$22**, and green watch,  
**\$16**, both Lulu's, lulus.com.

**bracelets**

Multicolor silk bangles, Rosena  
Sammi, **\$50** for set of 20,  
rosenasammi.com; stone bracelet,  
Make Me Chic, **\$10**, makemechic  
.com; green bead bracelets,  
M. Haskell, **\$18**, select Macy's.



Fashion Stylist: Djuna Bel for Giant Artists. Hair: David Keough for John Frieda/CelestineAgency.com. Makeup: Mylah Morales for Dior Cosmetics/  
Celestine Agency. Manicure: Michelle Saunders for Essie/CelestineAgency.com. Prop Stylist: Fabio Mascio/Tractor Vision.

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[magazinesdownload.com](http://magazinesdownload.com)





**AWKWARD** You lean in to kiss him—and he dodges you.

Act as if it's his fault: "Am I crazy? I thought you were giving me a vibe." Then it's on him to pony up an explanation, leaving you free to quietly die inside.

MAIN PHOTOS: TERRY DOYLE. FASHION STYLIST: ANDREW MUKAMAL. HAIR: MICHAEL MORENO FOR ORIBE. MAKEUP: JANEIRO FOR DIORSKIN AT BEAUTYWINGNY. ON HIM: RUGBY. KEDS: OXFORD SHIRT AND JEANS, LEVI'S. ON HER: TOP, HOT MIAMI STYLES; PANTS, H&M; HEADBAND, GOJANE.



# WARD!

***When a cringe-worthy  
love moment strikes,  
here's how  
to keep your cool.***

**BY ELISA BENSON**

**W**

hen you're watching *New Girl*, quirky Jess is *always* in the middle of an awkward love moment—whether she's trying to turn down a douche-y guy, or responding to the first time her BF says “I love you” with “Thank you.” (Ouch!) But while Jess's cringe-y encounters only make her seem more adorable, things *never* play out that way in real life: When you're face-to-face

with a cute guy and your flirty convo goes off the rails, you just feel like an idiot! So we've put together a list of genius comebacks for every embarrassing situation. We can't stop those yikes moments from happening, but we can help you make a totally cool-girl exit. So move over, Jess: Now there's a charming *new* new girl in town!



# MOST. AWKWARD. MOMENTS. EVER.

**AWKWARD** You text your best friend to tell her how much you like your crush, except that you send it to him instead.

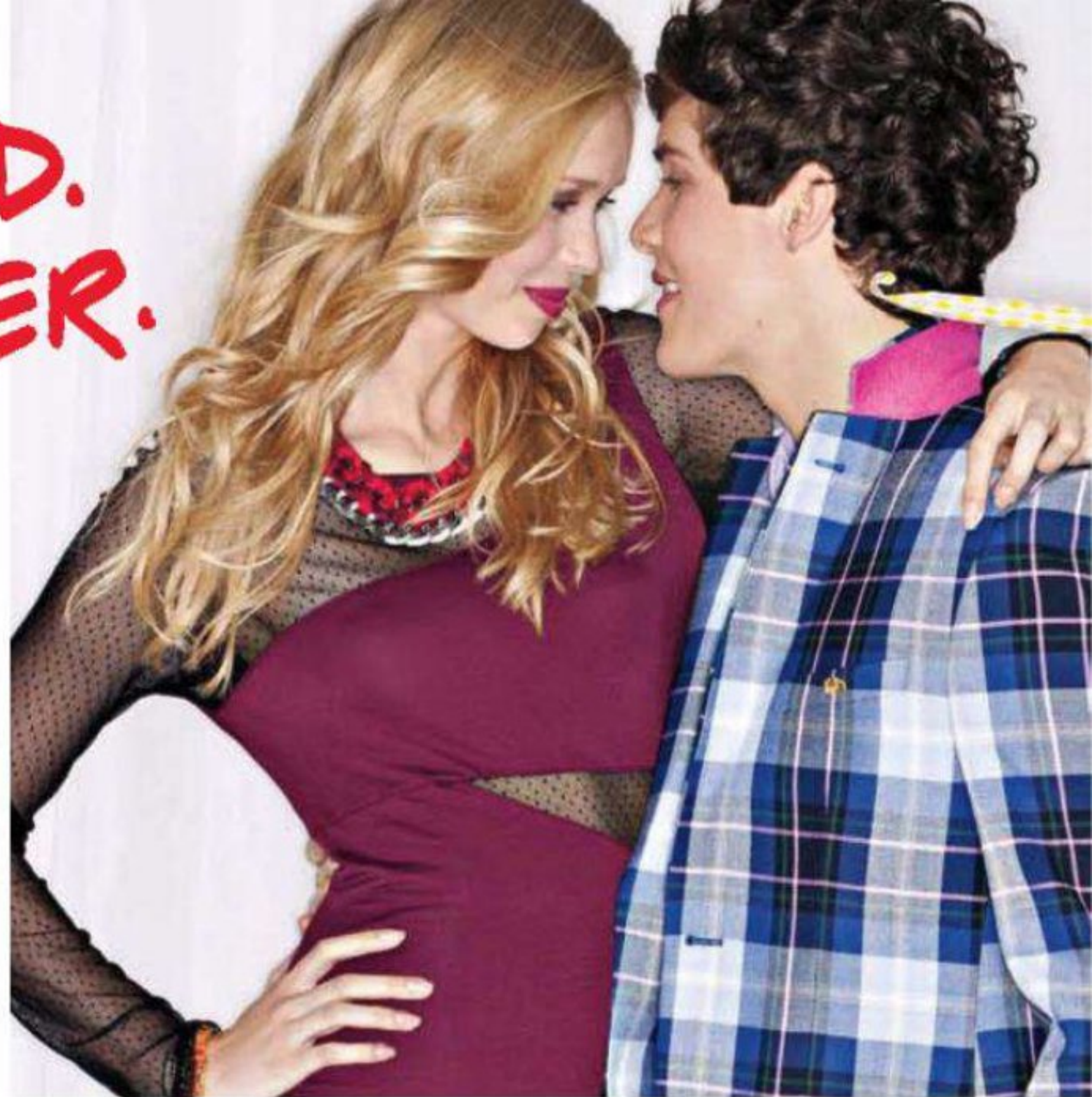
There's no way to take it back, so play it off as if it's NBD: "Oops. Clearly that was meant for someone else! :)" If you don't freak out, he won't either. He'll be too busy feeling flattered!

**AWKWARD** You see your ex hand in hand with another girl—and now he sees you.

Send a panicked SOS text to all your best friends announcing that you must transfer schools immediately! Or smile, say hi, and keep walking. You'll seem friendly in a breezy, over-it way.

**AWKWARD** You hook up for the first time and realize it's terrible.

A lack of chemistry is a sign that he's *not* the dude you should be making out with. Just pull away and say, "It got so late! I have to go." Don't feel like you need to make up a real excuse—a long story about how your parents will kill you if you miss curfew and you still need to stop for gas (blah, blah, blah) will just sound fake.



**AWKWARD** You reveal something to your crush that you would have only known by Facebook stalking him. Argh!

Ignore your slip and act as if nothing happened. If he calls you out on it, brush it off with a joke: "I always say there are two kinds of people in this world: Those who admit to Facebook stalking, and liars." A cute comeback gets you off the hook.

**AWKWARD** You send a pour-your-heart-out text ("I have feelings for you") and regret it approximately .2 seconds later.

Call your best friend—she'll reassure you that you're not as insane as you currently feel, and talking on your phone will distract you from obsessively waiting for a reply. Do *not* text again to "take it back"—it just turns your confession into an even bigger deal.

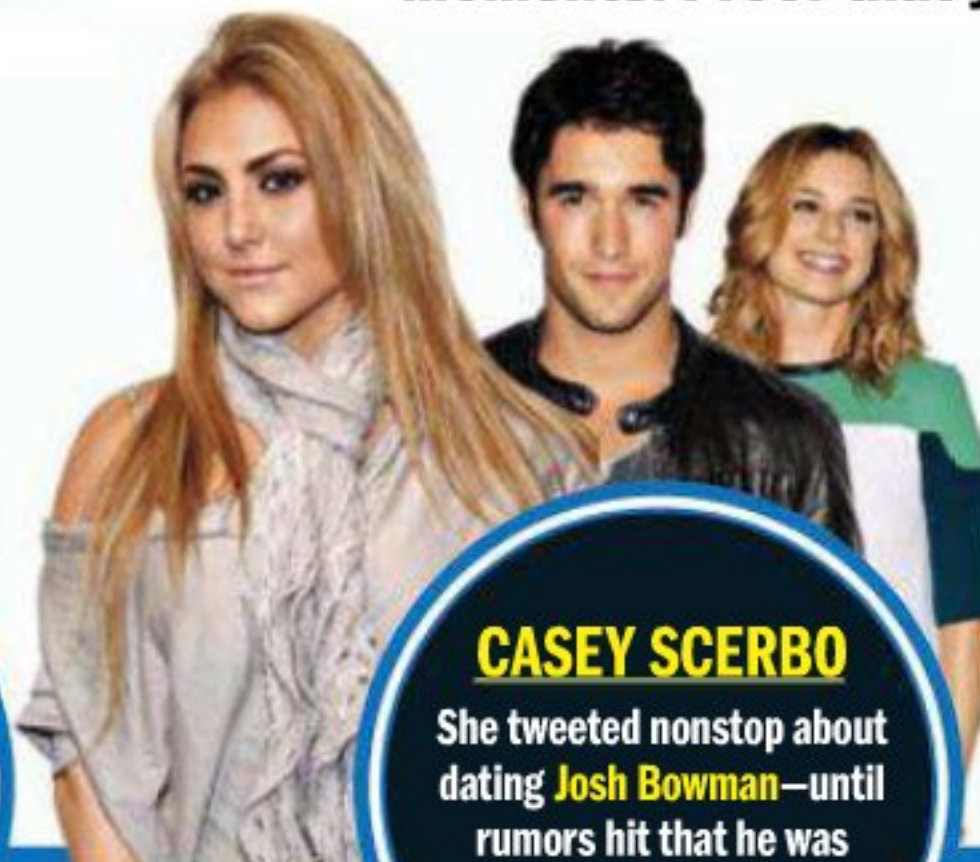
## HALL OF FAMERS!

Even cool celebs have embarrassing love moments. Proof that you, too, will survive!



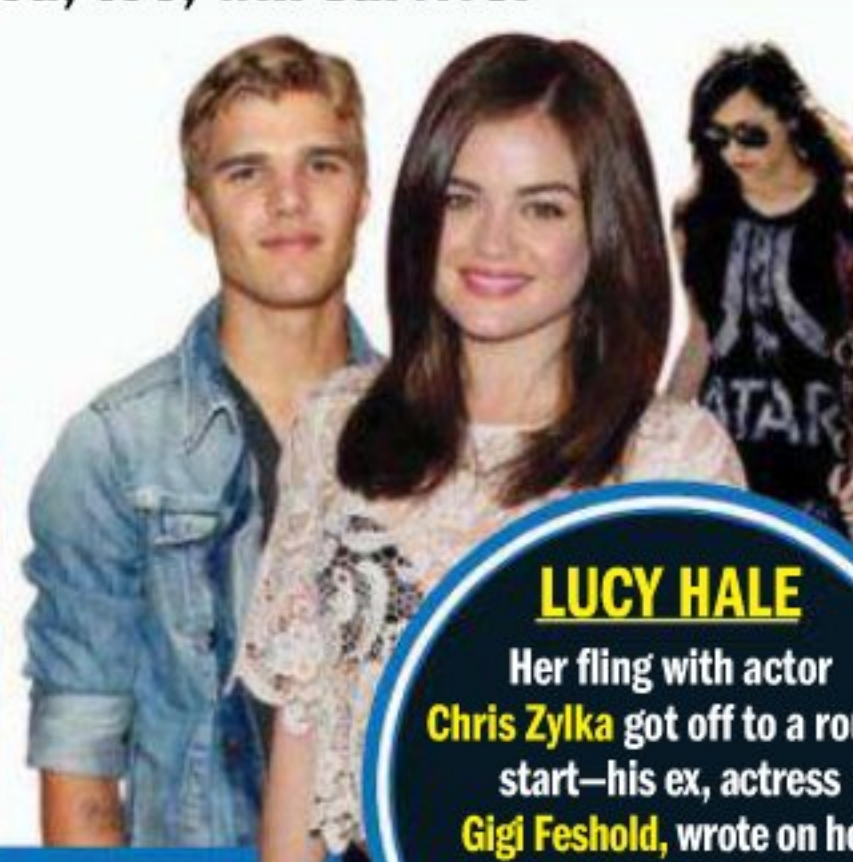
### DEMI LOVATO

Her on-and-off flame Wilmer Valderrama has become best pals with her ex, Joe Jonas. No way they don't talk about Demi!



### CASEY SCERBO

She tweeted nonstop about dating Josh Bowman—until rumors hit that he was with his *Revenge* costar Emily VanCamp.



### LUCY HALE

Her fling with actor Chris Zylka got off to a rough start—his ex, actress Gigi Feshold, wrote on her Twitter profile, "[I'm] prettier than your new girl." Drama!





#thatawkwardmoment  
... when he doesn't even  
flinch at your party horn. Sigh.

**AWKWARD** *A hot guy introduces himself to you at a party, but you've met before.*

This is a total confidence hit—but *he's* the one being flaky! Say, "Right, we met before. How's it going?" If he seems genuinely embarrassed, give him another shot. If he seems whatever about it, bad sign. Buh-bye!

**AWKWARD** *You're watching a movie with your crush and an intimate sex scene comes on. You haven't even kissed yet!*

Joke, "Really? Did I need to see her bare butt?" Putting it out there gives you both permission to laugh... and taking the pressure down a few notches could even create the perfect moment for a first kiss. Just saying!

**AWKWARD** *He de-friended you. Wait... what?!?*

*Take it as a sign that it's time to move on and find a new guy to flirt with. Next!*

**AWKWARD** *The text your guy just sent you is either mean or sarcastic—but you can't tell. Now what do you do?*

One minute you're having flirty banter—and the next minute you have no idea what the F is going on. The best thing to do is be blunt: "What do you mean?" Now it's *his* job to clear things up. Phew!

**AWKWARD** *It's time to have the tricky "What are we?" talk.*

Sometimes the best way to have a serious conversation is to take a *nonserious* approach—like to bring it up when you're throwing a basketball around in the driveway. Say, "You know, someone asked if you're my boyfriend. Thoughts on that?" Bringing it up during a happy moment seems casual, not forced or clingy.

**AWKWARD** *Someone you're not into asks you out. You want to turn him down without being a heinous beast.*

*Lie and tell him you like someone else. The rejection will sting less if he can blame it on bad timing.*

**AWKWARD** *You looked through your BF's text messages—and he caught you.*

Say, "I know this looks bad. Can I explain?" Then tell him why you did it in the first place. He's going to be pissed, so try to keep the conversation focused. ("What I did was wrong, but I'm worried there's something else you're not telling me.") This is your one free pass—next time, he has good reason to dump your untrusting butt.

## LIFE AFTER AWKWARD

**That painful silence or flash of mortification isn't all bad. Here's why.**

- **You've got a good story.** Filling your friends in on your love disaster has a way of making it seem funny, not horrifying—and when everyone starts swapping their own awkward moments, having a doozy to throw in actually helps you bond.
- **You're more confident.** When you feel like a total idiot in front of a guy—and survive—you learn that life goes on even when you're not totally perfect. That takes a ton of pressure off the next time you're chatting up a cutie.
- **You get smarter.** Most love awkwardness is caused by the fact that you and your guy are *not* on the same wavelength—which automatically makes you more tuned in to dudes' subtle cues in the future. In no time, you'll be totally smooth!



# **HAIRWAY TO** heaven

You can stop praying for good hair—with these secrets, it will be lusciously soft, shiny, and full forever!

BY YESENIA ALMONTE    PHOTOGRAPHS BY FERNANDO MILANI

ON MODEL: EARRINGS: STELLA & DOT; NECKLACES: JULES SMITH.



# ETERNALLY soft

Get hair that feels like silk  
with every touch—the secret to  
softening each strand is a leave-in  
treatment full of protein and oils.

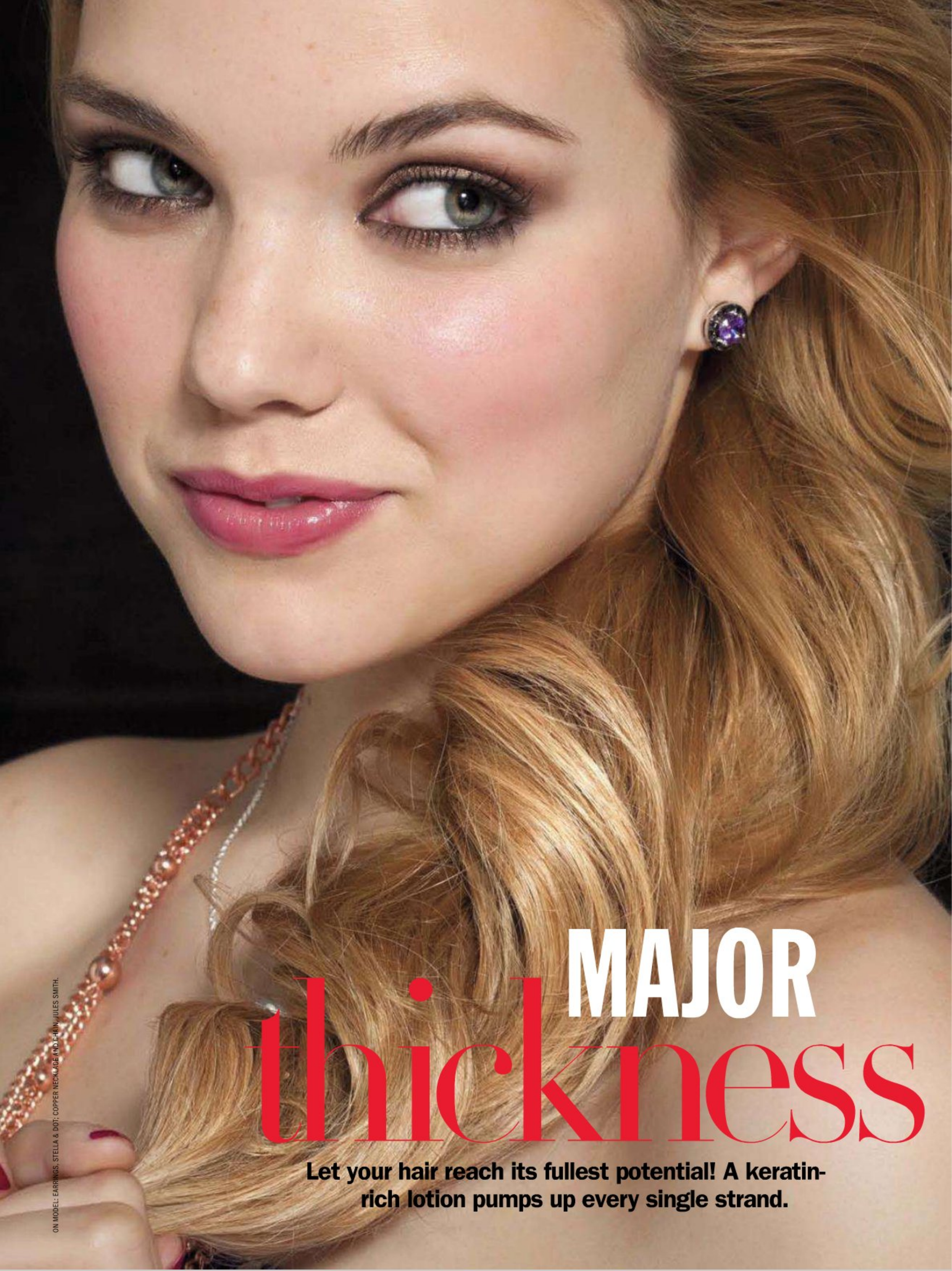


# HIGH shine

**Illuminate your locks!**

**A creamy styling lotion  
without any alcohol to  
dry out your hair leaves  
it gorgeously glossy.**





# MAJOR thickness

Let your hair reach its fullest potential! A keratin-rich lotion pumps up every single strand.





# LOFTY volume

Get ready to reach the  
big time—a sugar-infused  
volumizing spray makes  
your hair reach new heights.



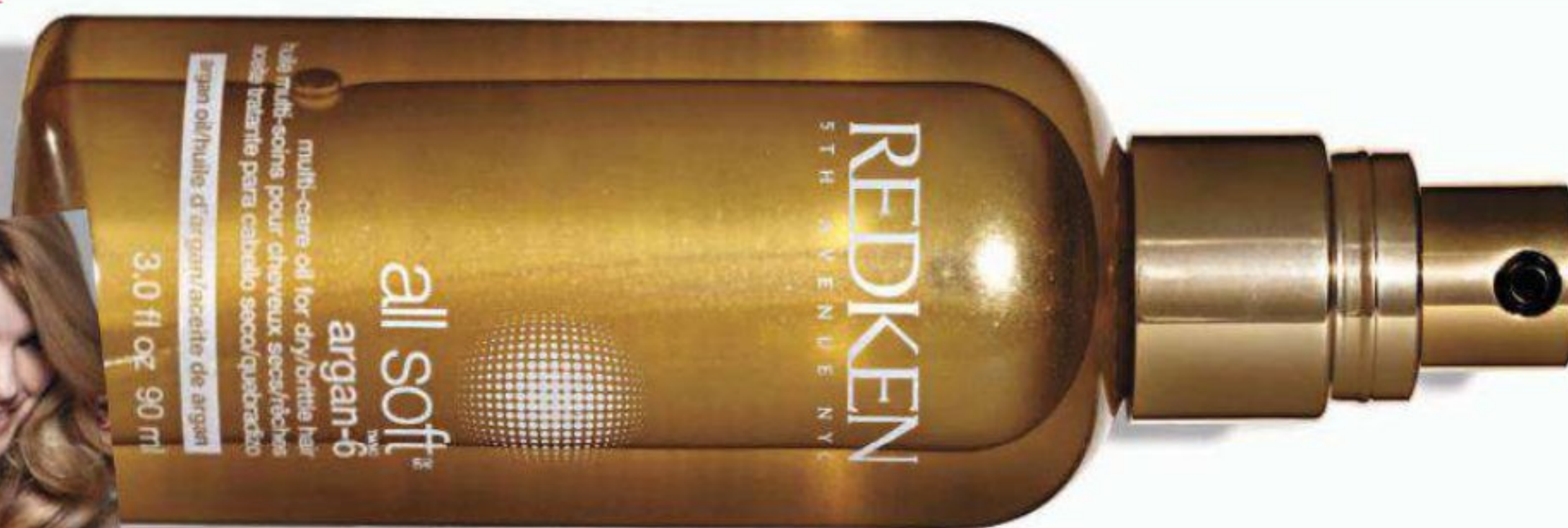
# miracle workers

Lots of products promise the stars and the moon, but these truly deliver!

## ETERNALLY SOFT

For velvety strands, skip your normal styler and spray this rich oil directly on towel-dried hair from midlength down. The argan oil deeply conditions, leaving your hair bouncy with lots of movement.

**try:** Redken All Soft Argan-6 Multi-Care Oil, \$29, redken.com for salons



## HIGH SHINE

Get hair that gleams from roots to ends! Apply the satiny product on damp hair, then run a fine-tooth comb through to gloss every strand.

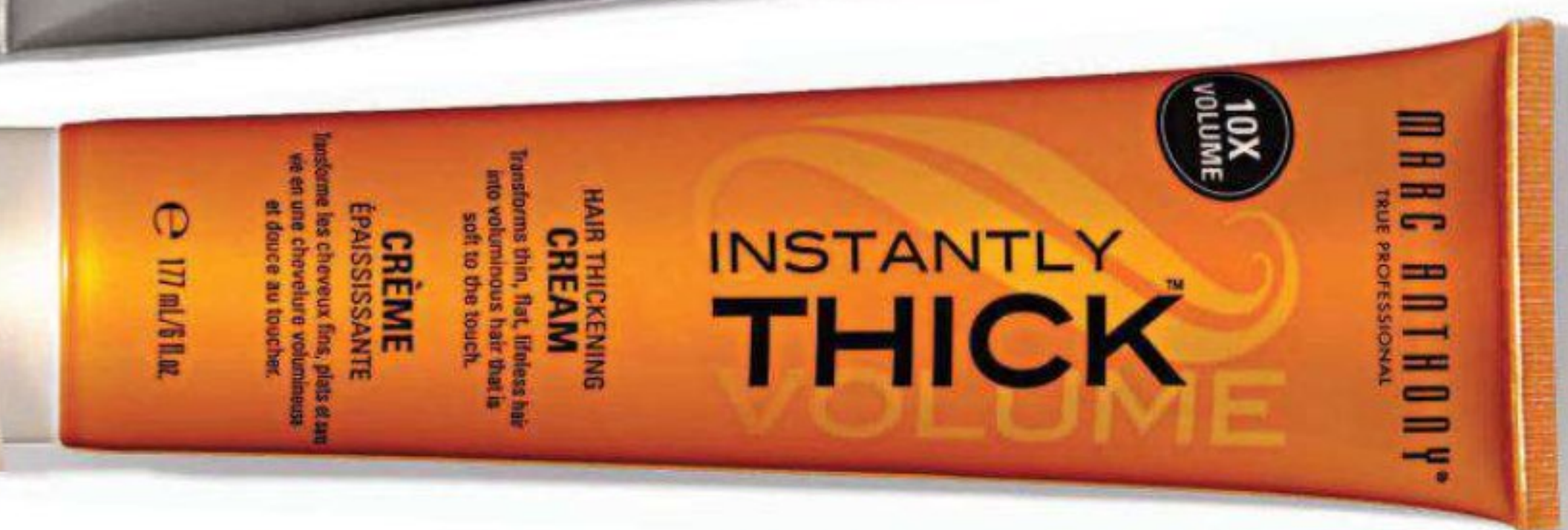
**try:** L'Oréal Paris EverStyle Smooth & Shine Crème, \$7, drugstores



## MAJOR THICKNESS

Expand your mane by smoothing thickening cream on just washed hair. Skip the conditioner (it can make your locks limp) for your lushest hair ever.

**try:** Marc Anthony Instantly Thick Thickening Cream, \$8, ULTA stores



## LOFTY VOLUME

For mega-body that lasts, do two layers of spray: Apply all over damp hair. Once dry, spritz again, then turn your head over and scrunch.

**try:** Tigi Bed Head Candy Fixations Sugar Shock Hair Bodifying Sugar Spray, \$16, tighaircare.com for salons



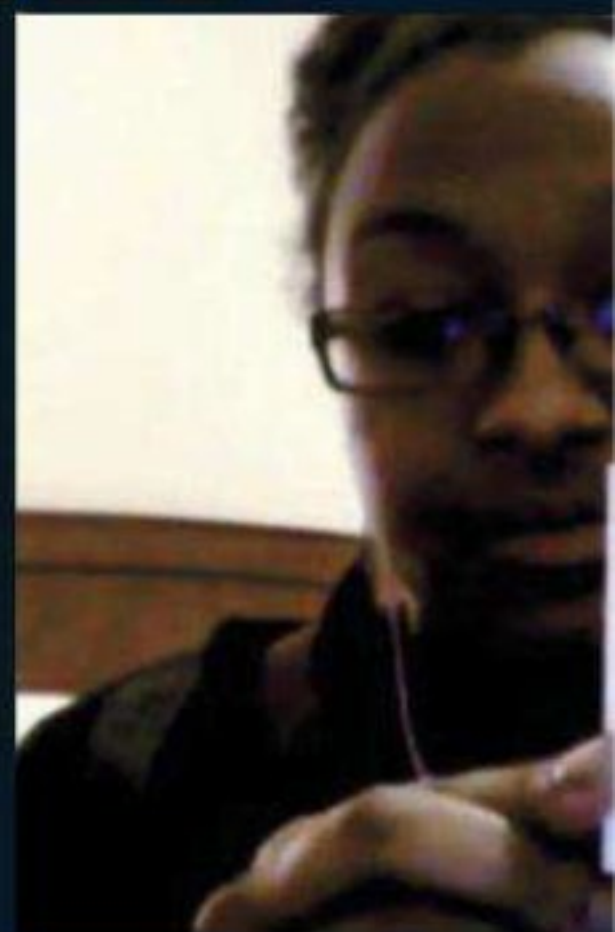


# WHAT'S YOUR



Replay

Featured video



3:37 / 3:37



# SECRET?

Many girls are finding the courage to reveal their deepest, darkest secrets in the most public way possible. But when the first rush of bravery fades, are you more vulnerable than ever?

BY HOLLY EAGLESON

Share



**C**lick on the YouTube clip posted by user Kaigerz444 and you'll see a cute blonde with a sweet

smile. She holds up a notecard that says "My name's Kait." Then another one. "This is my 'secrets' video," followed by, "I'm in 10th grade and have amazing friends." But then things really get intense in the next three minutes. She holds up card after card revealing that her mother committed suicide. In fact, it was Kait who found her mom after she had hung herself in the woods near their home. But she doesn't look depressed or sad. "You're probably wondering why I'm smiling instead of crying," the cards say. "It's because my mom would want me to be happy." Then she kisses a picture of her mom. It's a heartbreaking moment—so personal—and yet Kait is inviting total strangers to see it. But instead of feeling exposed and vulnerable, Kait says it's made her *stronger*.

YouTube used to be a place for *Jackass*-worthy LOLz and cute cat clips, but now thousands of girls are logging on for more than laughs—they're using it to confront their deepest issues. Just search for "my story" or "my secrets" and you'll find girls talking about experiences with depression, eating disorders, family issues, and sexual orientation. When asked why they turned to something so public to reveal things that are so private, the girls we talked to said that it was the first step toward getting over their insecurities—and that it worked. Do you have something you want to get off your chest? Before you set up your web cam, read what other girls say about the highs—and the lows—that can come when you post your secrets for all the world to see.





#### online lifeline

Kait, 16, urges people having suicidal thoughts to get help.

story in a series of notecards. “I know how much pain I was in, so I can only imagine the pain other gay Christian kids are going through. “I hoped that telling my story could make a small impact and help at least one person.”

## the initial high

One of the coolest things the girls learned immediately after uploading their secrets is that what one girl says online really *does* matter. The morning after Kait posted her video, it had 10,000 views on YouTube, and 30,000 more by the end of the week. “Teachers would play it in the classrooms at school, and random people would come hug me in the hallway,” she said. She’s received thousands of messages of support, and hundreds of them are from kids and adults who said they had planned to kill themselves, but her video was what stopped them. “For the first time since my mom’s death, I actually felt good again,” she says.

Other girls found relief in letting go of a longtime secret that had become a burden. “I got upset while filming because I shared so many intimate details about the issues between me and my family, but it felt so freeing afterward,” Rachel says of the video about her experiences coming out. “Putting it out there was confirmation that I didn’t have to hide anything anymore.” Posting can also give hope to girls struggling with similar issues. Cassandra, 19, also known as Diamondsandheels14, posted a revealing video on YouTube about dealing with the embarrassment of severe acne. “I was so sick of hiding myself to make other people feel comfortable. So I taped a video of my foundation-application routine starting with absolutely no makeup on. I could barely look at myself, and I totally ignored YouTube for the next few months,” she says. By the time she checked in, she had hundreds of thousands of views, almost all of them saying that her tips helped them in some way.

After Katie posted her video about being sexually assaulted, she got 70 messages from girls saying they’d also been assaulted. “It helps to know you’re not alone,” she says.

## the courage to click “post”

You’d think that if something really terrible were to happen to you, you’d probably try as hard as you could to forget it. But sometimes, the pain you bury in the back of your mind can have a way of sneaking up on you—which is why Kait posted her video just weeks after her mother passed away. “My mom had been struggling with depression and paranoia after lung surgery, but I had no idea it would lead to this,” she says. Right after her mom’s death, Kait felt numb. “It was like I was living a movie,” she says. After a couple of weeks, talking to her counselor wasn’t enough for Kait to feel better. “I needed to know I was helping other people to take away part of my pain,” she says. And so she wraps up her video with a plea: “If you’re having suicidal thoughts—get help.”

For Katie, who just graduated college, posting a video was a way to help heal after a trauma. She reveals in the 10-minute video that she was sexually assaulted one night—by a guy she was casually dating. “I knew I needed to deal with my issues before they got worse,” she says. “I felt like if I didn’t deal with the hurt I experienced, it would manifest in future relationships and hurt me more.”

Protecting her heart is also what compelled Rachel, 21, to post. Shy and soft-spoken, she’s the last person you’d expect to get in front of a camera. But last year she posted a video on YouTube about her biggest secret. “I started having feelings for girls as early as age 5, but it wasn’t until I got to high school that I realized people thought it was wrong,” she says. While she was growing up in a heavily Christian community that didn’t approve, she felt that every day was a struggle to hide who she really was. “All I wanted was to sit alone in my room with the lights off because it was the only time I could be myself.” Since age 18, she’s dated girls in secret. “My family still treats my girlfriend and me as if we’re best friends—not girlfriends.” It was only after hearing about a young gay boy who committed suicide after being bullied that she decided to go public. She wrote her



#### uplifting upload

Rachel, 21, says filming was a “seriously intense experience.”





## life on the other side

**E**ven if you have the best intentions, sometimes the very issues you try so hard to avoid in real life are thrown in your face. “The first or second response I got on YouTube was someone telling me I should repent to God for being gay,” says Rachel. “I expected that kind of thing, but it still really hurt.” And it’s easy for people to misread your intentions. The lowest comments blasted Kait for just trying to get attention. “I got responses to my video that said, ‘The only reason that people like you now is because they feel bad for you,’” she says.

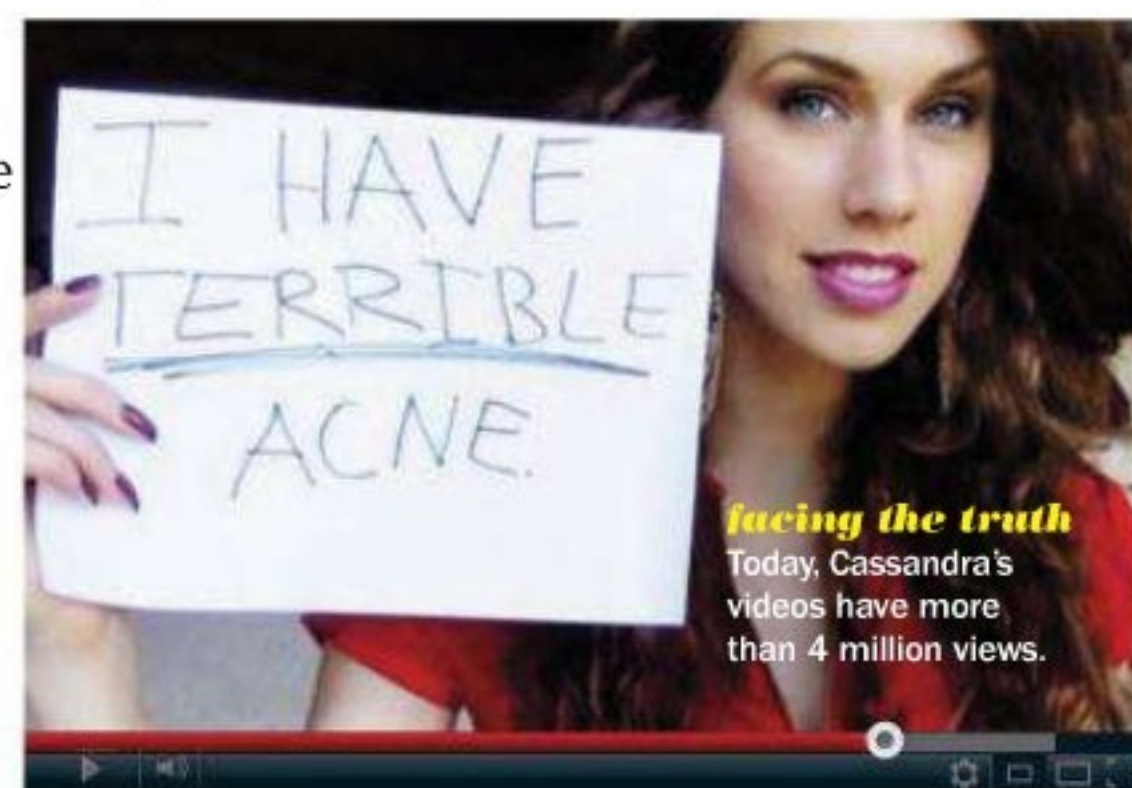
The girls also felt a new sense of responsibility that in some ways, they weren’t really sure how to handle. “People told me I inspired them to come out, which made me feel incredible,” Rachel says. “But some also wanted advice on how to do it, which I wasn’t prepared for.”

After the initial high of watching your views go up and up and seeing dozens of comments, things get quiet and inevitably there’s a letdown. “It felt really good to hear I was literally the one who saved some people’s lives, so I go back and relive that feeling when I’m sad,” says Kait. “I know the constant stream of feedback won’t last forever, though. I have to be prepared to rely on friends when that all goes away.” Having a strong *offline*

safety net was key to Rachel’s post-posting experience. “I couldn’t have done it without the support of my girlfriend,” she says. Your real-life backup network can help you concentrate on what’s important—like school, friends, and family—when the online feedback dies down. Some girls have found that channeling their energy into their cause kept them focused on the bigger picture. Katie, for example, felt compelled to start an organization with four friends that fights sex trafficking. It’s her way to directly help other girls who have experienced sexual trauma. “Sharing this online has given me strength I didn’t know I had,” she says. “And now I can use it to help other people.”

Despite the roller coaster of emotions, though, most girls say posting has ultimately been a good experience. “My counselor told me to expect sad feelings to randomly hit me,” Kait explains. “But I haven’t experienced it as much as I thought I would. She says that I’m in a much better place than we could have expected because of my video.”

All the girls say that sharing their story online has freed them to be more courageous in expressing who they are 24-7. “I defend myself more now, not just in my sexuality but



everything,” Rachel confirms. “I was always afraid of a few coworkers who would make cruel jokes about my relationship, but now when I see them, I stand taller and am much more confident. It’s weird, but posting my video online has given me the courage to be 100 percent me a whole lot faster and easier, in a way I could never have done offline.”

## 4 questions to ask before you post

Coming clean online can shake things up in ways you never expected. Consider this before you do:

### What’s the reason?

Be honest: Are you secretly posting the video for payback, attention, or to impress someone? If so, people will see through it—and the backlash could be worse than the hurt you’re feeling now. Many posters get criticized for “wanting attention.”

### Am I okay with forever?

You know the Internet = *permanent*. So your “secret” could come up at any interview or first date. If you’re posting about sexual assault, it might be smart to talk to a lawyer before you do since details could compromise your case down the road.

### Who’s there for me?

It’s vital you have someone in your corner to protect you if feedback turns intentionally mean-spirited or if you feel alienated or overwhelmed. If you feel that family members could be hostile or throw you out, you might want to reconsider posting.

### Could it hurt someone?

Talk to friends and family beforehand since there could be repercussions. And always check YouTube’s guidelines to make sure you’re not posting anything that violates rules, like music you don’t have the copyright to, or someone’s personal information.



# TRAUMARAMA

Everyone has had humiliating moments.



**EEK—was Gossip Girl's latest text about the broccoli in Blake's teeth?**



**HAVE MERCI** “Our French teacher surprised us with breakfast. I was starving and stuffed myself with toast, jam, and hot cocoa, but after a while, I felt sick—I mean, *barfy* sick. Out of nowhere, my crush comes over to chat, and I couldn't keep it in—I hurled all over him! I was so mortified that I transferred to Spanish.”

**heaven only nose** “I was sitting outside of a party, sick with a cold, when a cute boy from class gave me his jacket. In the middle of our great convo, I covered my mouth with my arm to let out a big sneeze—getting snot all over his jacket! Luckily he laughed it off, and I promised to wash it. But the day after I gave it back, he was covered in hives—he was allergic to the detergent! I just couldn't win with this guy!”

## THE HILLS ARE ALIVE

“I was camping with friends when my crush and I snuck off to make out. We sat on a hill and got so into it, we didn't notice that we were sliding downhill until we crashed into a poison oak bush! Being covered in calamine lotion for the next three weeks *really* killed the romance.”



**“One time, I flirtily bet my crush that if I logged on to FB, I'd have more notifications than he did. But I ended up accidentally clicking on my inbox—where there were tons of messages between my BFFs and me with his name all over the subject lines! He saw before I could click away. I just closed my laptop and *ran*.”**

**“Bent over in gym class and felt a rush of wind . . . Split my pants down the middle. #extrapantsanyone?”**



## blunder games

**"I was on the *Hunger Games* set, running at full speed to jump off a pedestal during an intense battle scene. But instead of taking my dramatic leap, I slipped and fell face-first into a puddle of mud! I just ate it, totally. I could barely hear the director yell 'Cut!' because the whole crew was cracking up!"**

**-LEVEN RAMBIN, GLIMMER IN *THE HUNGER GAMES***

**CELEB TRAUMA!**



Yep,  
that's  
her!

**AWK-AWARD**

## what a square

**"My friends and I were super-delirious after cramming for finals, so when we found a cardboard box in our dorm, I randomly made a Spongebob Squarepants costume. I waltzed out of my room, costume on—and of course, there's my crush, standing in the hallway! I blurted out, 'I made it myself!' but he just raised an eyebrow at me. Thank you, Spongebob, for hiding my bright red face."**

RAMBIN: ROGER WONG/INFPHOTO.COM.

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**HOW TO ENTER THE PRETTY AMAZING COVER CONTEST** (page 30): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning February 1, 2012, at 12:01 A.M. ET, through April 30, 2012, at 11:59 P.M. ET, go to [seventeen.com/prettyamazing](http://seventeen.com/prettyamazing) and complete and submit the entry form pursuant to the on-screen instructions. Entrant must supply an essay describing why she is "Pretty Amazing," no greater than 1,000 characters, along with two (2) photos of herself. Prizes and approximate retail values: One (1) grand-prize winner will receive a \$20,000 scholarship awarded in the form of a check, and an opportunity to appear on a cover of *Seventeen*: five (5) to ten (10) finalists (including the grand-prize winner) will receive a trip for two (2) to New York, Los Angeles, or other location at Sponsor's discretion, that includes round-trip coach flights from major airport nearest finalists' residence and four- (4) night hotel stay (single room, double occupancy; approximate retail value: \$4,750 each). Total approximate retail value of all prizes awarded based on ten (10) finalists: \$67,500. Must be female, between the ages of 15 and 22, and a legal resident of the 50 United States, District of Columbia, Puerto Rico, or Canada. Void in the Quebec Province, and where prohibited by law. Contest is subject to complete Official Rules available at [seventeen.com/prettyamazing](http://seventeen.com/prettyamazing).

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# APRIL horoscope

by sally brompton

## aries

**Mar 21–Apr 19** You've been circling your crush for ages, hoping he'll get the hint you want him to ask you out. The prob? He's not a mind reader. On the 7th, the stars will nudge *you* to make the first move. This may lead to a major spring fling! 💕

## LEO

**Jul 23–Aug 22** If the concept of "soul mates" makes you roll your eyes and gag, you might just change your tune on the 3rd! That's the day Venus will introduce you to a cute new guy who gets you *instantly*. Ready for a serious BF? He'd be a great match for you! 💕

## SAGITTARIUS

**Nov 22–Dec 21** Near the 14th, a girl with a rebel rep will randomly turn up at one of your regular hangouts. Her edgy look raises eyebrows, but luckily you see her hidden friend potential. Good thing—her energy ends up clicking with yours. Hello, new girl crew member! 💕

## taurus

**Apr 20–May 20** Letting go of stuff can be emotional for you, but between the 6th and 21st, you'll have the urge to toss the clothes that no longer work for you. Purging will seem weird, but by the 22nd, you'll have room for fresh pieces you look *and* feel great in! ★

## VIRGO

**Aug 23–Sep 22** The midsemester blahs have you lying low, but that's about to change! On the 14th, Mars will move into your sign, triggering two exciting developments: 1) Your confidence will totally soar; 2) Every cute guy within radius will notice your new fire! ★

## CAPRICORN

**Dec 22–Jan 19** There's a hot guy in class who makes you feel all googly, but you haven't mustered up the nerve to talk to him just yet. But on the 19th, you'll get a burst of courage and post a comment on his wall that really cracks him up. Game on! 💕

## gemini

**May 21–Jun 20** Gems were made to mingle, but one group of girls is acting as if they have exclusive rights to you. Near the 25th, they'll pressure you to break plans with other friends; you'll need to make it clear that won't fly. There's enough of you to go around! 💡

## libra

**Sep 23–Oct 22** Thanks to Uranus, the planet of surprises, a guy who is *so* not your usual type will send you a mega-flirty text on the 9th. Wha?!? Though he's seemed cocky in the past, you'll find there *is* a sweet heart underneath his player shell. 💕

## AQUARIUS

**Jan 20–Feb 18** As a super-cool Aqua girl, you don't go into huggy-kissy mode too often. But with love planet Venus strong on the 6th, you'll get all lovey-dovey with your boyfriend. He'll be surprised by the fawny attention at first, but he'll dig it... while it lasts! 💕

## CANCER

**Jun 21–Jul 22** March wasn't the easiest month for you: Thanks to Mercury, your BF *and* your best friend were both acting weird and distant. Luckily after the 4th, they'll return to their warm, chatty selves—just in time for a fun party where you can all celebrate! 🎉

## scorpio

**Oct 23–Nov 21** It's tough to admit, but you're bored with your crew. There's no law that says you *have* to socialize with them 24-7, so when Mars sparks your bold side on the 24th, you'll break the ice at an event with a new group. (You may meet a cool guy, too!) 🎉

## PISCES

**Feb 19–Mar 20** Pisces girls always come through for friends in need, and on the 22nd, your BFF will be in crisis mode. After you rescue her (*yet again*), you'll get the urge to take a time-out from her issues. Everyone needs a sec to herself, even you. 💡



= GIRL TALK



= HOT PARTIES



= FLIRTY FUN



= CRAZY DRAMA



= AMAZING MAKEOVER



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